

LOADED FRIES

Cozy-up with this comfort food! Transform ordinary fries into a family favourite dish with your choice of toppings. Great to share with others!



Loaded Fries



SERVINGS



PREP TIME



COOK TIME

Ingredients

Oven fries

1		sweet potato, cut into strips
2		parsnips, cut into strips
5 mL	(1 tsp)	vegetable oil
2 mL	(½ tsp)	chili powder

Roasted chicken

227 g	(½ lb)	chicken breast
7 mL	(½ tbsp)	Italian seasoning
2 mL	(½ tsp)	paprika

Tzatziki sauce

250 mL	(1 cup)	lower fat plain Greek yogurt
125 mL	(½ cup)	grated cucumber
5 mL	(1 tsp)	lemon juice
2 mL	(½ tsp)	dried oregano

To assemble

1		tomato, diced
125 mL	(½ cup)	sliced red onion
125 mL	(½ cup)	pitted and sliced black olives (optional)
80 mL	(⅓ cup)	crumbled lower fat feta cheese

Instructions

1. Preheat oven to 220°C (425°F) and line a baking sheet with parchment paper. Set aside.
2. Prepare oven fries: Combine sweet potato and parsnip strips in a large bowl. Add oil and chili powder. Toss to coat evenly and spread in a single layer onto one prepared baking sheet.
3. Bake for 25 to 30 minutes or until potatoes and parsnips are tender.
4. Prepare the roasted chicken: In a separate bowl, toss chicken breast with Italian seasoning and paprika. Place into a baking dish and cover with aluminium foil. Bake for 20 to 25 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 74°C (165°F). Remove from oven and shred using 2 forks.
5. Prepare tzatziki sauce: Place grated cucumber in a clean dish towel and squeeze out any excess water. Place into a bowl and mix together with yogurt, lemon juice and dried oregano. Set aside.
6. Arrange fries onto oven safe serving platter and top with tomatoes, red onions, olives, feta cheese and shredded chicken breast. Place into oven for 10 minutes or until warmed through.
7. Serve with tzatziki sauce.



CHEF'S TIP

Bake a double batch of the fries and store in the freezer. Lay cooked fries on a parchment-lined baking sheet and place in the freezer. Once frozen, transfer to a storage container. To reheat, place in 350°F (176°C) oven for 15 minutes.