

THE SWEET POTATO EDIT / VOL. 002

Blackened Chicken Thighs & Baked Sweet Potato

Nº 003 / 50-65 MIN / 2 SERVINGS

THE INGREDIENTS

- 1 lb boneless, skinless chicken thighs
- 2 medium sweet potatoes
- 2 cups frozen mixed vegetables
- 2 tsp avocado oil, divided
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ¼ tsp black pepper
- ½ tsp seasoned salt, or to taste
- Pinch of cayenne (optional)
- Garlic salt and parsley, to taste

THE METHOD

1. Preheat oven to 400°F. Pierce the sweet potatoes, rub with avocado oil and garlic salt, and bake 45-60 minutes until tender. Slice open and sprinkle with parsley.
2. Pat chicken thighs dry. Lightly coat with avocado oil and season with garlic powder, onion powder, paprika, pepper, seasoned salt, and optional cayenne.
3. Arrange thighs in a single layer in the Ninja CRISPi. Air fry for approximately 20 minutes, turning as needed, until browned and the thickest part reaches 165°F.
4. Steam the frozen vegetable medley until tender and season with garlic salt. Plate with the chicken and baked sweet potatoes.

EDITOR'S NOTE Cooking times vary by thickness and air-fryer model. Check chicken with a thermometer rather than relying on time alone.