

HETA’S 50-MINUTE GOLDEN AIR-FRIED CHICKEN LEG QUARTER MEAL

INGREDIENTS:

- 4 Chicken’tizers Fully Cooked Chicken Legs, Six Gun Grill spice (or spice of choice)
- 4-5 large potatoes
- 1 table spoon butter, salt (to taste)
- 1 tsp crushed garlic
- Milk (as needed for creaminess)
- 1 large handful fresh green beans
- 2 tbsp butter
- white pepper
- 4-6 large carrots (cut into strips)
- 4 tbsp sugar (or to taste)
- 1/2 tsp cinnamon (or to taste)

METHOD:

Serves 4

- 1 Air-Fried Chicken Leg Quarters (Total: 45 Mins)**
 - Wash: Clean the 4 chicken leg quarters and pat dry.
 - First Bake: Place in the air fryer at 190°C for 15 minutes.
 - Flip: Turn the chicken over and air fry for another 15 minutes.
 - Spice & Crisp: Remove, season generously with Six Gun Grill spice on both sides, and return to the air fryer.
 - Final Stretch: Fry for 7.5 minutes, flip, and fry for the final 7.5 minutes until golden and juicy.
- 2. Smooth Garlic Mash**
 - Boil: Peel and chop potatoes, then boil for 15–20 minutes until soft.
 - Drain: Turn off the stove and drain the water completely.
 - Mash: Add 4 tablespoons of butter, salt, 1 teaspoons of crushed garlic, and a splash of milk.
 - Finish: Mash thoroughly until perfectly smooth and completely lump-free.
- 3. Buttery White Pepper Green Beans**
 - Blanch: Clean the green beans and boil them for 3–4 minutes.
 - Strain: Drain the water completely and set the beans aside.
 - Toss: Melt 4 tablespoons of butter with white pepper in a large pan.
 - Sauté: Toss the green beans in the pan for 1–2 minutes to absorb the buttery pepper sauce.
- 4. Sweet Cinnamon Carrots**
 - Boil: Steam or boil carrot strips until soft, then drain.
 - Glaze: Stir in the 4 tablespoons of sugar and cinnamon to taste while warm.
 - Serve: Ensure the sugar melts to create a sweet glaze with a subtle hint of cinnamon.