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## Cajun Chicken

with Potato Salad and Mixed Veggies



30-40min



4 Portions

Head to the deep American south with this Cajun-spiced chicken dinner with all the southern trimmings - a creamy potato salad and steamed vegetables. We've marinated our chicken in sweet marinade and coated it in polenta giving it a wonderfully crispy texture and great flavour.

## What we send

- green beans
- aioli <sup>3,7</sup>
- spice mix
- parsley
- carrot
- broccoli
- polenta
- lemon
- free-range chicken breast fillet
- chat potatoes

## What you'll require

- butter <sup>7</sup>
- Australian honey
- olive oil
- salt

## Utensils

- Colander
  - large frypan
  - large saucepan
  - medium saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If your kids prefer plainer food, omit the spice blend from their chicken and just coat in the oil, honey and polenta.

## Allergens

Egg (3), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 625.0kcal, Fat 19.5g, Proteins 48.6g, Carbs 55.6g



### 1. Cook potatoes

Halve or quarter any larger **potatoes** and place in a medium saucepan of salted water. Bring to the boil, then reduce heat and simmer for 12-15 mins until tender. Drain well.



### 4. Cook chicken

Place **polenta** in a shallow dish. Add **chicken** 1 piece at a time and turn to coat. Heat 1 tbs **oil** in a large frypan over medium-high heat and cook chicken for 3-4 mins each side until cooked through.



### 2. Marinate chicken

Meanwhile, combine 2 tbs **oil** with 1 tsp of **honey** and the **Cajun spice mix** (see cooking tip) in a shallow dish. Using a sharp knife, cut **chicken** in half horizontally to form thinner steaks. Place in spice mixture and toss to coat.



### 5. Cook vegetables

Meanwhile, cook **carrots** in the pan of boiling water for 5 mins. Add **beans** and **broccoli** and cook for a further 2 mins or until all vegetables are tender. Drain well.



### 3. Prepare vegetables

Cut **carrots** into 1cm wide batons. Trim ends of **beans** and cut in half. Cut **broccoli** into florets. Pick the **parsley** leaves (discard stems) and coarsely chop. Cut **lemon** into quarters. Bring a large saucepan of salted water to the boil for the veggies.



### 6. Get ready to serve

Melt 20g **butter** in the same saucepan. Remove from heat and return **vegetables** to pan and toss to coat. Add **aioli** and half of the **parsley** to warm, drained **potatoes** and toss gently to coat. Sprinkle **chicken**, vegetables and potato salad with the remaining parsley and serve with **lemon wedges**.