

# MARLEY SPOON



**HEALTHY**

## Cajun Chicken

with Pea Puree and Braised Greens



20-30min



2 Portions

Fill up with this hearty, protein-packed dinner that's not too heavy on the spice and is gluten-free so everyone in the family can enjoy it. The pea puree is a great alternative to mashed potato and the garlicky lemon kale is a lip-smackingly zesty way to get your serve of greens.

## What we send

- peas
- 1 large free-range chicken breast fillet
- cajun spice blend <sup>17</sup>
- thyme, garlic
- Tuscan kale
- chicken-style stock cube
- lemon

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- water

## Utensils

- colander
- fine grater
- medium frypan
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

~If less spice is preferred, use it to taste. Or, leave it off completely, for those who don't want any. ~A food processor can be used instead of a stick blender.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 470kcal, Fat 21.7g, Carbs 16.1g, Proteins 46.2g



### 1. Prepare chicken

Put the chicken breast flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put **1 ½ tsp cajun spice blend** (the remaining spice blend won't be used in this dish, see cooking tip) in a shallow dish and season with **salt and pepper**. Add the chicken and rub with the spice blend to coat well.



### 4. Make pea puree

Heat **2 tsp olive oil** and the **thyme** in a small saucepan over medium heat. Drain the **peas**. Add the peas and **stock** to the pan and cook, covered, for 5 mins or until the peas are very tender. Using a stick blender, blend until almost smooth (see cooking tip). Season with **salt and pepper**, then reduce the heat to very low to keep the pea puree warm.



### 2. Prepare ingredients

Crumble **1 stock cube** into a heatproof jug. Add **125ml (½ cup) boiling water** and stir to dissolve. Finely chop **half the thyme** leaves, discarding the stems (the remaining stock cube and thyme won't be used in this dish). Put the **peas** in a heatproof bowl, cover with boiling water and stand for 5 mins.



### 5. Cook chicken

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan and keep warm.



### 3. Prepare greens

Meanwhile, thinly slice the **garlic**. Finely grate the zest of **half the lemon**, then juice the half (the remaining lemon half won't be used in this dish). Trim the **kale** stems, then thinly slice the leaves and stems.



### 6. Cook greens

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **garlic, lemon zest** and **kale**, stirring, for 3 mins. Reduce the heat to medium, add **2 tbs water** and braise, covered, for 3 mins or until softened. Add the **lemon juice**, to taste, and season with **salt and pepper**. Divide the **pea puree, kale** and **cajun chicken** among plates to serve.