

MARLEY SPOON



Cajun Chicken

with Pea Puree and Braised Greens



20-30min



4 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
- lemon
- 2 large free-range chicken breast fillets
- thyme, garlic
- chicken-style stock cube
- cajun spice blend ¹⁷
- Tuscan kale

What you'll require

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

Utensils

- colander
- fine grater
- large frypan with lid
- medium 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 460kcal, Fat 21.7g, Carbs 15.2g, Proteins 45.8g



1. Prepare chicken

Put the chicken breasts flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Put **3 tsp cajun spice blend** (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 **1 tbs olive oil** and the **thyme** in a medium 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 heat to very low to keep the pea puree warm.



2. Prepare ingredients

Crumble the **stock cubes** into a heatproof jug. Add **250ml (1 cup) boiling water** and stir to dissolve. Finely chop the **thyme** leaves, discarding the stems. Put the **peas** in a heatproof bowl, cover with boiling water and stand for 5 mins.



5. Cook chicken

Meanwhile, heat **2 tbs olive oil** in a large 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 **lemon** zest, then juice. Trim the **kale** stems, then thinly slice the leaves and stems.



6. Cook greens

Heat **1 tbs 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 **80ml (1/3 cup) 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.