

# Creamy Tomato Cajun Chicken with Spinach and Mashed Potato

Rapid

20 Minutes · Medium Spice · 1 of your 5 a day







Potatoes

Diced Chicken Thigh



Garlic Clove



Cajun Spice





Tomato Passata



Chicken Stock



Creme Fraiche



**Grated Hard** Italian Style Cheese



Baby Spinach



### **Pantry Items**

Oil, Salt, Pepper, Sugar

## **CUSTOM RECIPE**

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!



# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

# Cooking tools

Kettle, saucepan, frying pan, garlic press and colander.

## **Inaredients**

Ingredients	2P	3P	4P			
Potatoes	450g	700g	900g			
Diced Chicken Thigh**	260g	390g	520g			
Garlic Clove**	2	3	4			
Cajun Spice Mix	1 sachet	1 sachet	2 sachets			
Tomato Passata	1 carton	1½ cartons	2 cartons			
Chicken Stock Paste	10g	15g	20g			
Creme Fraiche** 7)	75g	120g	150g			
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g			
Baby Spinach**	40g	100g	100g			
Diced Chicken Breast**	260g	390g	520g			
Pantry	2P	3P	4P			
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp			
*Not Included **Store in the Fridge						

#### Mutrition

NUCLICION			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	540g	100g	540g	100g
Energy (kJ/kcal)	2520 /602	466/111	2259 /540	418/100
Fat (g)	28.7	5.3	18.6	3.4
Sat. Fat (g)	13.2	2.4	10.2	1.9
Carbohydrate (g)	52.3	9.7	52.0	9.6
Sugars (g)	9.4	1.7	9.4	1.7
Protein (g)	40.8	7.5	43.6	8.1
Salt (g)	2.35	0.43	2.28	0.42

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

# **Allergens**

#### 7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

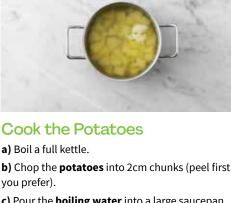
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- b) Chop the potatoes into 2cm chunks (peel first if you prefer).
- c) Pour the boiling water into a large saucepan with 1/2 tsp salt.
- d) Add the potatoes to the water and cook until you can easily slip a knife through, 15-18 mins.



# Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a frying pan on medium-high heat.
- b) Once hot, add the diced chicken to the pan and season with salt and pepper.
- c) Cook until browned all over, 5-6 mins. Turn occasionally. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- d) Peel and grate the garlic (or use a garlic press).

## **CUSTOM RECIPE**

If you've chosen to get diced chicken breast instead of **thigh**, cook the recipe in the same way.



## Add the Flavour

- a) Once the chicken has browned, add the garlic and Cajun spice mix (add less if you'd prefer things milder). Stir-fry for 1 min.
- b) Stir in the passata, chicken stock paste and sugar for the sauce (see pantry for amount). Bring to the boil, then lower the heat and simmer.
- c) Cook until the chicken is cooked through and the **sauce** has thickened, 3-4 mins. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



# Wilt the Spinach

- a) Once the sauce has thickened and the chicken is cooked, stir through the creme fraiche and Italian style cheese.
- **b)** Season with **salt** and **pepper**.
- c) Add the spinach to the pan a handful at a time until wilted, 1-2 mins.



# **Get Mashing**

- a) Meanwhile, once the potatoes are cooked, drain in a colander and return to the pan, off the heat.
- b) Add a knob of butter and a splash of milk (if you have any) and mash until smooth.
- c) Season with salt and pepper.



#### Serve

- a) When everything's ready, spoon the creamy tomato Cajun chicken into your bowls.
- b) Serve the mash alongside.

## Enjoy!