



Creamy Tomato Cajun Chicken with Spinach and Mashed Potato

Quick 20 Minutes • Medium Spice

12



Potatoes



Diced Chicken Thigh



Garlic Clove



Cajun Spice Mix



Tomato Puree



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Diced Chicken Breast

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.

Ingredients

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 Puree	30g	45g	60g
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*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	525g	100g	525g	100g
Energy (kJ/kcal)	2504 / 589	477 / 114	2242 / 536	427 / 102
Fat (g)	28.1	5.3	18.0	3.4
Sat. Fat (g)	13.1	2.5	10.1	1.9
Carbohydrate (g)	52.9	10.1	52.7	10.0
Sugars (g)	7.2	1.4	7.2	1.4
Protein (g)	39.7	7.6	42.6	8.1
Salt (g)	1.82	0.35	1.75	0.33

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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Cook the Potatoes

- Boil a full kettle.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiling water** into a large saucepan with **½ tsp salt**.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Wilt the Spinach

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



Fry the Chicken

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



Get Mashing

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



Add the Flavour

- 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.
- Stir in the **tomato puree**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer.
- 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.*



Serve

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

Enjoy!