



Creamy Tomato Cajun Chicken with Spinach and Mashed Potato

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

13



-  Potatoes
-  Diced Chicken Thigh
-  Garlic Clove
-  Cajun Spice Mix
-  Tomato Passata
-  Chicken Stock Paste
-  Double Cream
-  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 Passata	1 carton	1 carton	1 carton
Chicken Stock Paste	10g	15g	20g
Double Cream** 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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	540g	100g	540g	100g
Energy (kJ/kcal)	2803 / 670	519 / 124	2542 / 608	470 / 112
Fat (g)	34.6	6.4	24.5	4.5
Sat. Fat (g)	16.9	3.1	13.9	2.6
Carbohydrate (g)	55.7	10.3	55.4	10.3
Sugars (g)	9.4	1.7	9.4	1.7
Protein (g)	40.1	7.4	42.9	7.9
Salt (g)	2.16	0.4	2.09	0.39

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.



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 **double cream** 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.**
- 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.



Mash the Potatoes

- 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 **passata**, **chicken stock paste** and **sugar for the sauce** (see pantry for amount). 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!