



# Creamy Tomato Cajun Chicken with Spinach and Mashed Potato

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

14



Potatoes



Diced Chicken Thigh



Garlic Clove



Cajun Spice Mix



Tomato Passata



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 Passata                           | 1 carton  | 1½ cartons | 2 cartons |
| Chicken Stock Paste                      | 10g       | 15g        | 20g       |
| Crème Fraîche** 7)                       | 75g       | 120g       | 150g      |
| Grated Hard Italian Style Cheese** 7) 8) | 20g       | 40g        | 40g       |
| Baby Spinach**                           | 40g       | 100g       | 100g      |
| Diced Chicken Breast**                   | 1 pack    | 1 pack     | 1 pack    |
| <b>Pantry</b>                            | <b>2P</b> | <b>3P</b>  | <b>4P</b> |
| 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)        | 2593 / 620    | 480 / 115 | 2332 / 557  | 432 / 103 |
| Fat (g)                 | 28.5          | 5.3       | 18.4        | 3.4       |
| Sat. Fat (g)            | 13.2          | 2.4       | 10.2        | 1.9       |
| Carbohydrate (g)        | 57.0          | 10.6      | 56.7        | 10.5      |
| Sugars (g)              | 9.7           | 1.8       | 9.7         | 1.8       |
| Protein (g)             | 40.3          | 7.5       | 43.2        | 8.0       |
| Salt (g)                | 2.15          | 0.4       | 2.08        | 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, cereals containing 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 **crème fraîche** 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.



## Time to Fry

- 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!