













Cajun BBQ Chicken Rice Bowl

with Spinach, Cheese and Crispy Onions

Super Quick 15 Minutes • Medium Spice

7



-  Diced Chicken Thigh
-  Basmati Rice
-  Cajun Spice Mix
-  Tomato Puree
-  Chicken Stock Paste
-  Baby Spinach
-  BBQ Sauce
-  Grated Hard Italian Style Cheese
-  Crispy Onions
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	260g	390g	520g
Basmati Rice	150g	225g	300g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
BBQ Sauce	48g	64g	96g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Crispy Onions (13)	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	360g	100g	360g	100g
Energy (kJ/kcal)	3140 / 750	872 / 208	2879 / 688	799 / 191
Fat (g)	30.5	8.5	20.4	5.7
Sat. Fat (g)	14.3	4.0	11.4	3.1
Carbohydrate (g)	77.5	21.5	77.2	21.4
Sugars (g)	9.7	2.7	9.7	2.7
Protein (g)	44.0	12.2	46.9	13.0
Salt (g)	2.63	0.73	2.56	0.71

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

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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.

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1



Get Started

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 5-6 mins. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw meat.
- Pour the **boiled water** into a saucepan with ¼ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins. Once cooked, drain, pop back in the pan and cover.

CUSTOM RECIPE

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

3



Finish Up

- Next, add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir in the **BBQ sauce**, **butter** (see pantry) and **half the cheese**. Add a splash of **water** if it's a little too thick.

2



Add Flavour

- Stir the **Cajun spice mix** (add less if you'd prefer things milder), **tomato puree**, **chicken stock paste**, **sugar** and **water** (see pantry for both) into the **chicken**.
- Bring to the boil, then simmer, 3-4 mins. **IMPORTANT:** Cook so there's no pink in the middle of the chicken.

4



Dinner's Ready!

- Share the **rice** out between your bowls.
- Spoon the **chicken** over the **rice**.
- Sprinkle over the remaining **cheese** and **crispy onions**.

Enjoy!