













# Cajun BBQ Chicken Rice Bowl

with Spinach, Soured Cream and Crispy Onions

**Super Quick** 15 Minutes • **Medium Spice**

7



-  Diced British Chicken Thigh
-  Basmati Rice
-  Cajun Spice Mix
-  Tomato Puree
-  Chicken Stock Paste
-  Baby Spinach
-  BBQ Sauce
-  Crispy Onions
-  Soured Cream
-  Diced British Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

↔ **Swap to Chicken Breast**

If you chose to swap to chicken breast, 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 British Chicken Thigh**	240g	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
Crispy Onions <b>13)</b>	1 sachet	2 sachets	2 sachets
Soured Cream** <b>7)</b>	75g	120g	150g
British Diced Chicken Breast**	240g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>378g</b>	<b>100g</b>	<b>378g</b>	<b>100g</b>
Energy (kJ/kcal)	3164 /756	838 /200	2903 /694	768 /184
Fat (g)	32.4	8.6	22.2	5.9
Sat. Fat (g)	15.0	4.0	12.0	3.2
Carbohydrate (g)	84.3	22.3	84.0	22.2
Sugars (g)	11.2	3.0	11.2	3.0
Protein (g)	38.8	10.3	41.6	11.0
Salt (g)	2.21	0.58	2.14	0.57

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

## Allergens

**7)** Milk **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## 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  $\frac{1}{4}$  **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins. Once cooked, drain, pop back in the pan and cover.

↔ Swap to Chicken Breast

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

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## Finish Up

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

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## 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.

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## Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon the **chicken** alongside the **rice**.
- Drizzle over the **soured cream** and sprinkle with the **crispy onions**.

Enjoy!