



Speedy Tomato Cajun Chicken with Spinach and Mashed Potato

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

16



Potatoes



Diced British Chicken Thigh



Garlic Clove



Cajun Spice Mix



Tomato Passata



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

↔ 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!



Ready in less than 25 minutes, this Speedy Tomato Cajun Chicken has it all. Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme.

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, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Diced British Chicken Thigh**	240g	390g	480g
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
Crema Fraiche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar*	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)	2590/619	479/115	2329/557	431/103
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	56.8	10.5
Sugars (g)	9.4	1.7	9.4	1.7
Protein (g)	40.2	7.4	43.0	8.0
Salt (g)	2.14	0.40	2.08	0.38

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, 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.

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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 **crema fraiche** and **hard 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.

↔ Swap to Chicken Breast

If you've chosen **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** (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!