

Easy Peasy Cajun BBQ Chicken Rice Bowl

with Spinach and Cheese

Super Quick 15 Minutes • **Very Hot** • 1 of your 5 a day

7



Diced British Chicken Thigh



Basmati Rice



Cajun Spice Mix



Tomato Passata



Red Wine Stock Paste



Mature Cheddar Cheese



Baby Spinach



BBQ Sauce



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!

Super speedy, this Easy Peasy Cajun BBQ Chicken Rice Bowl takes only 15 minutes to make. 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, frying pan, saucepan and grater.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	480g
Basmati Rice	150g	225g	300g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Mature Cheddar Cheese** 7)	40g	60g	80g
Baby Spinach**	100g	150g	200g
BBQ Sauce	48g	64g	96g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
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	457g	100g	482g	100g
Energy (kJ/kcal)	3195 / 764	700 / 167	2934 / 701	609 / 146
Fat (g)	29.3	6.4	19.2	4.0
Sat. Fat (g)	13.6	3.0	10.6	2.2
Carbohydrate (g)	89.3	19.6	89.1	18.5
Sugars (g)	14.9	3.3	14.9	3.1
Protein (g)	42.8	9.4	45.7	9.5
Salt (g)	3.65	0.80	3.58	0.74


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

Allergens

7) Milk **14)** Sulphites

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.

 You can recycle me!

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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 to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Finish Up

- Meanwhile, grate the **Cheddar cheese**.
- 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.



Add Flavour

- Stir the **Cajun spice mix** (add less if you'd prefer things milder), **passata**, **red wine stock paste**, **sugar** and **water** (see pantry for both) into the **chicken**.
- Bring to the boil, then simmer, 4-5 mins. **IMPORTANT:** Cook so there's no pink in the middle of the chicken.



Dinner's Ready!

- Share the **rice** out between your bowls.
- Spoon the **chicken** alongside the **rice**.
- Sprinkle over the **cheese** to finish.

Enjoy!