



Cajun Spiced Vegetable Rice

with Roasted Sweet Potato, Peas and Soured Cream

4

Classic 30-35 Minutes • Very Hot • 2 of your 5 a day



Onion



Garlic Clove



Sweet Potato



Basmati Rice



Tomato Puree



Cajun Spice Mix



Vegetable Stock Paste



Peas



Greek Style Salad Cheese



Soured Cream



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Honey

+ Add Chicken Breast

If you chose to add diced 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

Garlic press, saucepan, baking tray, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Garlic Clove**	3	4	6
Sweet Potato	1	2	2
Basmati Rice	150g	225g	300g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste	15g	20g	30g
Peas**	120g	180g	240g
Greek Style Salad Cheese** 7)	50g	75g	100g
Soured Cream** 7)	75g	120g	150g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Butter*	30g	40g	60g
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	648g	100g	778g	100g
Energy (kJ/kcal)	3209 / 767	495 / 118	3856 / 922	496 / 118
Fat (g)	26.7	4.1	29.0	3.7
Sat. Fat (g)	15.9	2.5	16.6	2.1
Carbohydrate (g)	112.6	17.4	112.7	14.5
Sugars (g)	27.7	4.3	27.9	3.6
Protein (g)	19.9	3.1	51.4	6.6
Salt (g)	2.84	0.44	3.03	0.39


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

Allergens

7) Milk

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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Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, add **half** the **butter** (see pantry for amount) and allow to melt.

Add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and soft, 8-10 mins.



Make your Cajun Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, stir in the **tomato puree**, **Cajun spice mix** (add less if you'd prefer things milder) and remaining **garlic**. Cook until fragrant, 1-2 mins.

Lower the heat to medium, then add the **water for the sauce** (see pantry for amount) and **veg stock paste**. Simmer until thickened, 2-3 mins.

+ Add Chicken Breast

If you're adding **chicken**, add to the pan before the **spices** and fry, 8-10 mins. Add the **spices** and continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



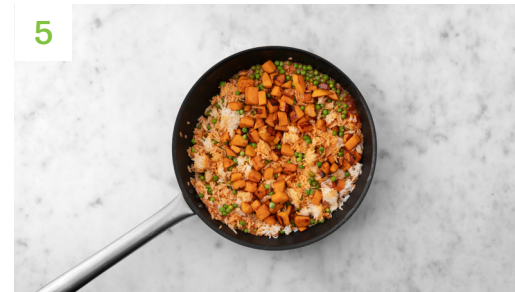
Roast the Sweet Potato

Meanwhile, chop the **sweet potato** into 2cm chunks (no need to peel).

Pop the **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.

Meanwhile, once the **onion** has softened, add the **sugar** (see pantry for amount) and **half** the **garlic**. Stir together and cook for 1 min more.



Finishing Touches

Once the **sauce** has thickened, stir the **peas**, **cooked rice**, **honey** and remaining **butter** (see pantry for both amounts) into the frying pan.

Once roasted, stir the **sweet potato** through the **rice**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Bring on the Rice

Stir the **rice** into the **onion** and **garlic** until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Serve Up

When everything's ready, share the **Cajun spiced rice** between your bowls.

Crumble over the **Greek style salad cheese** and top with a drizzle of **soured cream**.

Enjoy!