



Cajun Style Chicken Dirty Rice with Peas and Soured Cream

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

15



Red Onion



Basmati Rice



Peas



Diced Chicken Breast



Garlic Clove



Ground Coriander



Sun-Dried Tomato Paste



Cajun Spice Mix



Chicken Stock Paste



Soured Cream

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, frying pan, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Basmati Rice	150g	225g	300g
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g
Garlic Clove**	2	3	4
Ground Coriander	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	50g	50g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	150g	150g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2542/608	645/154
Fat (g)	12.6	3.2
Sat. Fat (g)	5.4	1.4
Carbohydrate (g)	79.5	20.2
Sugars (g)	12.5	3.2
Protein (g)	44.2	11.2
Salt (g)	1.72	0.44

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, milk, egg, mustard, celery, soya, 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.

Contact

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1 Fry the Onion

- Boil a full kettle.
- Halve, peel and thinly slice the **red onion**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and cook until starting to soften, 2-3 mins.



4 Spice Things Up

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Once the **chicken** is cooked, stir in the **garlic** and **ground coriander**. Cook for 1 min.
- Add the **sun-dried tomato paste**, **Cajun spice mix** (add less if you'd prefer things milder), **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Stir together and bring to the boil, then simmer until thickened, 1-2 mins.



2 Cook the Rice and Peas

- Meanwhile, pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- For the last 2 mins, add the **peas** to the pan.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



5 Combine and Stir

- Add the **cooked rice** and **peas** to **chicken** pan.
- Add a knob of **butter** (if you have any) and stir to combine.
- Taste and season with **salt** and **pepper** if needed.



3 Add the Chicken

- While the **rice** cooks, add the **chicken** to the pan with the **onion** and season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown and cooked through and the **onion** is golden and soft, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



6 Serve

- When ready, share your **Cajun style dirty rice** between your bowls.
- Top with a dollop of **soured cream** to finish.

Enjoy!