

Creamy Tomato Cajun Chicken

with Spinach and Mashed Potato

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







Potatoes

Diced Chicken Thigh





Garlic Clove

Cajun Spice Mix





Tomato Passata

Chicken Stock Paste





Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Kettle, saucepan, frying pan, garlic press and colander.

Ingredients

9							
Ingredients	2P	3P	4P				
Potatoes	450g	700g	900g				
Diced Chicken Thigh**	260g	390g	520g				
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				
Creme Fraiche** 7)	75g	120g	150g				
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g				
Baby Spinach**	40g	100g	100g				
Diced Chicken Breast**	260g	390g	520g				
Pantry	2P	3P	4P				
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp				
*Not Included **Store in the Fridge							

Nutrition

Taci icioi	Custom Recipe			
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	540g	100g	540g	100g
Energy (kJ/kcal)	2517/602	466/111	2256 /539	418/100
Fat (g)	28.7	5.3	18.6	3.4
Sat. Fat (g)	13.2	2.4	10.2	1.9
Carbohydrate (g)	52.3	9.7	52.0	9.6
Sugars (g)	9.4	1.7	9.4	1.7
Protein (g)	40.8	7.5	43.6	8.1
Salt (g)	2.3	0.43	2.23	0.41

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, 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.

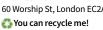
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Cook the Potatoes

- a) Boil a full kettle.
- **b)** Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- c) Pour the **boiling water** into a large saucepan with ½ **tsp salt** for the **potatoes**.
- **d)** Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Fry the Chicken

- **a)** Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- **b)** Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- c) Cook until browned all over, 5-6 mins. Turn occasionally. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- d) Peel and grate the garlic (or use a garlic press).

CUSTOM RECIPE

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



Add the Spicy Flavour

- a) 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.
- b) Stir in the passata, chicken stock paste and sugar for the sauce (see pantry for amount). Bring to the boil, then lower the heat and simmer.
- c) 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.



Cream and Spinach Time

- a) Once the sauce has thickened and the chicken is cooked, stir through the creme fraiche and cheese.
- b) Season with salt and pepper.
- **c)** Add the **spinach** to the pan a handful at a time until wilted, 1-2 mins.



Bring on the Mash

- **a)** Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- **b)** Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- c) Season with salt and pepper.



Serve

- **a)** When everything's ready, spoon the **creamy tomato Cajun chicken** into your bowls.
- b) Serve the mash on the side.

Enjoy!