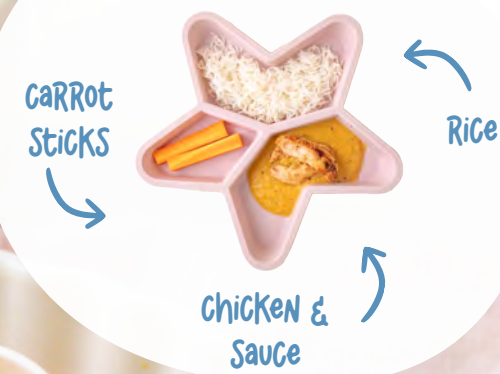


for the
little ones

CREAMY Cajun Chicken

Chicken strips cooked in a mild, creamy Cajun sauce and served over rice with a side of Dutch carrots.



30 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	28g	85g

FROM YOUR BOX

BASMATI RICE	150g
DUTCH CARROTS	1 bunch
LEMON	1
CREAMY CAJUN SPICE MIX	1 packet
CHICKEN STRIPS	300g
BROWN ONION	1
RED CAPSICUM	1
PHILADELPHIA CREAM CHEESE	140g

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

saucepan, large frypan with a lid

Serve both carrots and capsicum fresh if the kids prefer! You can add spinach for extra veg!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Creamy Cajun Spice: smoked paprika, ground paprika, garlic powder, onion powder, thyme, oregano, cumin.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

tip Use a rice cooker if you have one!



4. COOK THE CHICKEN

Keep pan over high heat. Add **oil** and **seasoned chicken strips**. Cook for 5-6 minutes, until golden and just cooked through. Remove and set aside, keeping pan over heat.



2. COOK THE CARROTS

Heat a large frypan with **1 cup water** over medium-high heat. Trim and add **Dutch carrots**. Cover with a lid and simmer for 5 minutes or until softened to your liking. Drain and set aside. Keep pan over heat for step 4.

tip Serve the carrots raw if you prefer!



5. MAKE THE SAUCE

Dice **onion** and slice **capsicum**.

Add more **oil** to pan if needed. Add onion and capsicum, cook for 6-8 minutes until softened. Stir in remaining **spice mix**, **cream cheese** and **1 cup water**. Cook until smooth and creamy.



3. SEASON THE CHICKEN

In the meantime, combine **lemon zest** from **1/2 lemon**, **1 tbsp oil**, **2 tsp cajun spice mix**, **salt and pepper**. Add **chicken strips** to coat.



6. FINISH AND SERVE

Return **chicken** to pan and adjust seasoning with **salt and pepper** to taste. Cut **lemon** into wedges.

Serve **cajun chicken** over **rice** and a side of **carrots**. Add **lemon wedges** for squeezing.