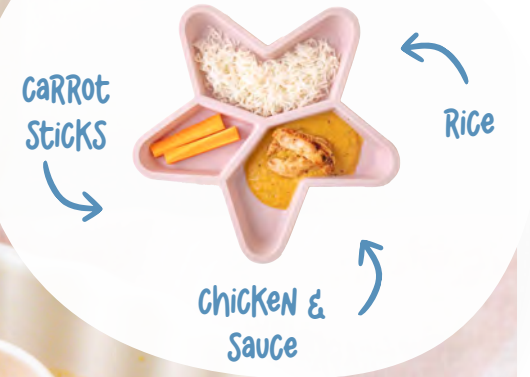




FOR the  
Little ONES



# 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

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## 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!



### 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!



### 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.



### 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.



### 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 (see notes).



### 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.