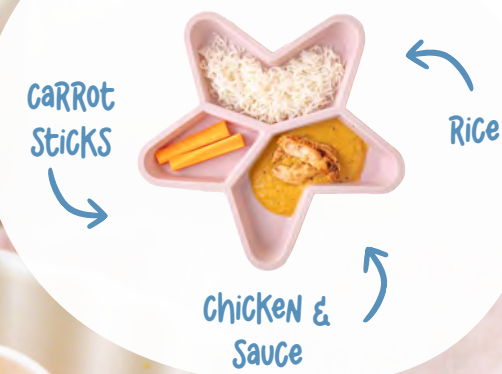




for the
little ones



CREAMY Cajun Chicken

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



30 Minutes



4/6 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	46g	17g	84g/88g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
DUTCH CARROTS	1 bunch	2 bunches
LEMON	1	1
CREAMY CAJUN SPICE MIX	1 packet	2 packets
CHICKEN STRIPS	600g	600g + 300g
BROWN ONION	1	1
RED CAPSICUM	1	2
PHILADELPHIA CREAM CHEESE	140g	2 x 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!

Wash your veggies and set out all ingredients, 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 **600ml 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.

6P – cover rice with 900ml water.



4. COOK THE CHICKEN

Keep pan over high heat. Add **oil** and half of the seasoned **chicken strips**. Cook in 2 batches, for 5-6 minutes, until golden and just cooked through. Remove and set aside, keeping pan over medium heat.

tip Add extra ground or smoked paprika to boost the flavour!



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 to pan with more **oil** if needed. Cook for 6-8 minutes until softened. Stir in **remaining spice mix, cream cheese** and **1 1/2 cup water**. Cook until smooth and creamy.

6P – add 2 1/2 cups water.



3. SEASON THE CHICKEN

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

6P – combine lemon zest, 2 tbsp oil, 1 tbsp spice mix, salt and pepper.



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.