



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Corn

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!



F4

## Cajun Chicken

### with Creamed Corn and Roasted Pumpkin

Skin-on chicken breast fillets roasted with a custom blend Cajun spice mix, served with wedges of roasted butternut pumpkin tossed with tomato and baby spinach, served with homemade creamed corn.



30 minutes



4 servings



Chicken

28 October 2022

## Switch it up!

*Cut corn into cobettes and roast with vegetables for the last 10 minutes instead of making creamed corn. Served finished dish with a chutney, relish or aioli of choice.*

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**  
0g 0g 0g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
CAJUN SEASONING	1 packet (24g)
BUTTERNUT PUMPKIN	1
RED ONION	1
CORN COBS	2
CORIANDER	1 packet
TOMATOES	2
BABY SPINACH	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, soy sauce (or tamari)

## KEY UTENSILS

oven tray, saucepan, stick mixer or small blender

## NOTES

Roast the vegetables on a separate oven tray to avoid over-crowding if your tray is on the smaller side.

Adding the cobs to the saucepan helps to add extra starch, which will result in a creamier finish.



### 1. ROAST THE CHICKEN

Set oven to 220°C and bring a saucepan of water to a boil.

Add chicken to a lined oven tray (to one side). Slash in 3-4 places. Coat in **oil**, Cajun seasoning and **pepper**. Roast for 5 minutes (see step 2).



### 2. ROAST THE PUMPKIN

Wedge pumpkin and red onion. Add to oven tray with chicken (see notes). Toss with **oil**, **1 tbsp soy sauce** and **pepper**. Return to oven and roast for 15-20 minutes until chicken is cooked through and vegetables are tender.



### 3. BOIL THE CORN

Remove corn kernels from cobs. Add kernels and cobs to boiling water (see notes) and cook for 2-3 minutes until tender. Reserve **1 cup cooking liquid** and drain corn. Discard cobs.



### 4. MAKE CREAMED CORN

Use a stick mixer to blend 1/2 cooked corn and **reserved cooking liquid**, as needed, to a smooth consistency. Add to a bowl along with remaining corn kernels. Finely chop coriander (including stems) and add to bowl. Stir to combine. Season with **salt** and **pepper**.



### 5. TOSS THE PUMPKIN

Dice tomatoes. Add to oven tray along with baby spinach and **1 tbsp vinegar**. Toss to combine.



### 6. FINISH AND SERVE

Slice chicken breasts.

Divide chicken among plates along with tossed pumpkin. Serve with creamed corn.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

