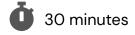




Cajun Chicken

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.







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.

Og

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).



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**.



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.



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



