



Product Spotlight: Corn

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



Cajun Chicken

with Creamed Corn and Roasted Pumpkin

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



30 minutes



4 servings



Chicken

6 October 2023

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	12g	43g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
CAJUN SEASONING	1 packet
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, white wine vinegar, soy sauce (or tamari)

KEY UTENSILS

oven tray, saucepan, stick mixer or small blender

NOTES

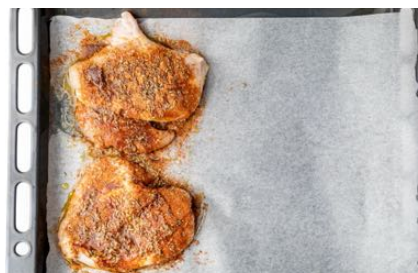
Roast the vegetables on a separate oven tray to avoid overcrowding if your tray is on the smaller side.

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

Cajun seasoning: ground paprika, garlic powder, dried thyme, celery salt and ground cayenne.



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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 THE 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.



5. TOSS THE PUMPKIN

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



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.



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**

