



Roast Cajun Chicken and Potatoes

Roast crispy skin chicken coated in smoky Cajun spices, baked over a colourful tray of capsicum, corn, and baby potatoes. This traybake is perfect for sharing at the table.



35 minutes



2 servings



Chicken

FROM YOUR BOX

RED CAPSICUM	1
CORN COB	1
BABY POTATOES	500g
ROSEMARY	1 stalk
CHICKEN BREAST FILLETS (SKIN ON)	300g
FAMILY CAJUN SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can save any leftover Cajun spice mix and stir through yoghurt or sour cream for a dip. Sprinkle over potatoes before roasting for extra spice.

To save time, prep vegetables and marinate chicken in Cajun spice mix earlier in the day. Store in fridge, then simply assemble on tray and roast when ready to cook.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt

1. PREPARE THE VEGETABLES

Set oven to 220°C. Slice **capsicum** and cut **corn** into cobettes. Halve **baby potatoes**. Chop **rosemary**. Toss on a lined oven tray with **oil, salt and pepper**.

TIP *You can add zucchini, cherry tomatoes or red onion to the tray for bulk.*

2. ADD CHICKEN AND ROAST

Coat **chicken breast fillets** with **1/2 tbsp Cajun spice mix, oil, salt and pepper** (see notes). Place over vegetables. Roast in oven for 25–30 minutes until chicken and vegetables are cooked through.

TIP *For crispier skin, sear chicken skin-side down in pan before roasting.*

3. FINISH AND SERVE

Slice chicken if preferred. Serve with roasted vegetable tray bake and your choice of dipping sauce.

TIP *Try with aioli, hot sauce or a simple yoghurt dressing for added flavour. Sprinkle with fresh chopped parsley and serve with lemon wedges if you have some.*

This recipe has simplified instructions to help lower your meal cost.