



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Cajun Chicken Traybake

A one-tray Cajun style chicken dinner with roasted potatoes, zucchini, tomato and corn cobs, all coated in a Cajun spice mix and served with a fresh squeeze of lime.



35 minutes



Chicken



4/6 servings

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-----------------------|----------|-------------|
| MEDIUM POTATOES | 4 | 1kg |
| ZUCCHINI | 1 | 2 |
| TOMATOES | 2 | 3 |
| CORN COB | 1 | 2 |
| CAJUN SPICE MIX | 11g | 22g |
| CHICKEN BREAST FILLET | 600g | 600g + 300g |
| LIME | 1 | 1 |

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can switch this dish up to make a quick chicken curry instead. Leave out the spice mix and simmer the chicken with vegetables in a pre made curry paste and coconut milk.

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1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice **potatoes** and **zucchini**. Wedge **tomatoes** and cut **corn** into cobbettes. Toss on a lined oven tray with **1/2 packet cajun spice mix, oil, salt and pepper**.

TIP *Add wedged red onion, diced capsicum or sweet potato if you want more vegetables.*

2. PREPARE THE CHICKEN AND ROAST

Cut **chicken fillets** into halves. Coat with **lime zest**, remaining **cajun spice mix, oil, salt and pepper**. Place on oven tray and roast all together for 20–30 minutes until cooked through.

TIP *Check the chicken at 20 minutes. Remove from oven first if the potatoes need longer to roast.*

3. FINISH AND SERVE

Wedge **lime** and serve with **chicken traybake**.

TIP *Serve with a dollop of sour cream, natural yoghurt or your favourite hot sauce.*

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