

# Baked Spicy Cajun Chicken with Creamed Corn & Green Beans



30 minutes | 2 servings

## Find cookware

[aluminum foil](#)  
[baking sheet pan](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[nonstick skillet](#)  
[oven mitts](#)  
[small saucepan](#)  
[stirring spoon](#)  
[tongs](#)  
[whisk or fork](#)

## Grab ingredients

¾ lb	chicken drumsticks
1 ½ cups	frozen corn
½ lb	green beans
2 fl oz	heavy whipping cream
	all-purpose flour
	black pepper
	butter, unsalted
	cayenne pepper
	extra virgin olive oil
	garlic powder
	onion powder
	paprika
	salt
	thyme, dried

## Cook & enjoy

- 1 Preheat oven to 450°F. Line a baking sheet with aluminum foil.
- 2 Combine flour and spices in a large bowl.
  - 1 tbsp all-purpose flour
  - 1 ½ tsp paprika
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp thyme
  - ½ tsp salt
  - ½ tsp black pepper
  - ¼ tsp cayenne pepper
- 3 Coat chicken with oil. Add drumsticks one by one to the bowl with the spices, rolling and pressing to adhere on all sides. Place chicken on the baking sheet.
  - ¾ lb chicken drumsticks
  - 1 tbsp extra virgin olive oil
- 4 Place baking sheet in the oven and bake, turning once, until cooked through, 20-25 minutes.
- 5 Meanwhile, heat a small saucepan over medium heat.
- 6 Add corn to the colander and rinse under hot water for several minutes to defrost. Set aside to drain.
  - 1 ½ cups frozen corn
- 7 Once the pan is hot, add butter and swirl to coat the bottom.
  - 1 tsp butter, unsalted

- 8 Add flour and whisk until smooth. Slowly add cream, whisking to make sure no lumps form. Stir in corn, salt, and pepper. Cover pan; remove from heat and set aside.

1 tsp all-purpose flour  
2 fl oz (¼ cup) heavy cream  
¼ tsp salt  
⅛ tsp black pepper

- 9 Wash green beans and trim ends.

½ lb green beans

- 10 Heat a skillet over medium-high heat.

- 11 Once the skillet is hot, add butter and swirl to coat the bottom.

1 tsp butter, unsalted

- 12 Add green beans to the skillet and season with salt and pepper. Cook, tossing frequently, until bright green and tender-crisp, 3-4 minutes. Remove from the heat.

¼ tsp salt  
1 pinch black pepper

- 13 To serve, divide the chicken, creamed corn, and green beans between plates. Enjoy!