

# Creamy Cajun Chicken with Bell Pepper & Kale Sauté

30 minutes | 2 servings



## Find cookware

[aluminum foil](#)  
[can opener](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel or cast iron skillet](#)  
[stirring spoon](#)  
[tongs](#)

## Grab ingredients

¾ lb	chicken breasts, boneless skinless
4 fl oz	chicken or vegetable broth
¼ (8 oz) block	cream cheese
1 (14.5 oz) can	diced tomatoes
1	green bell pepper
½ bunch	kale
1	red bell pepper
	black pepper
	butter, unsalted
	cayenne pepper
	garlic powder
	onion powder
	paprika
	salt
	thyme, dried

## Cook & enjoy

- 1 Wash and dry the fresh produce.

½ bunch kale  
1 red bell pepper  
1 green bell pepper

- 2 Preheat a skillet over medium-high heat.

- 3 Meanwhile, holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin fillets. Season both sides with salt and pepper.

¾ lb chicken breasts, boneless skinless  
¼ tsp salt  
⅛ tsp black pepper

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

2 tbsp butter, unsalted

- 5 Add chicken to the skillet and pan-fry, flipping once, until golden brown and cooked through, 6-8 minutes.

- 6 While the chicken cooks, using a clean cutting board, fold kale leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces and transfer to a medium bowl; set aside.

- 7 Trim, seed, and slice bell peppers into thin strips.

- 8 Once the chicken is done, remove to a plate and cover with foil. Return skillet to medium-high heat, add more butter, and swirl to coat the bottom.

1 tbsp butter, unsalted

- 9 Add peppers to the skillet and cook, stirring occasionally, until starting to soften, about 3 minutes.

10 Add tomatoes, broth, and spices to the skillet. Stir to combine and bring to a simmer.

1 (14.5 oz) can diced tomatoes  
4 fl oz ( $\frac{1}{2}$  cup) chicken or vegetable broth  
 $\frac{1}{2}$  tsp paprika  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp cayenne pepper  
 $\frac{1}{4}$  tsp garlic powder  
 $\frac{1}{4}$  tsp onion powder  
 $\frac{1}{4}$  tsp thyme, dried

11 Meanwhile, cut cream cheese into small pieces.

$\frac{1}{4}$  (8 oz) block cream cheese

12 Once simmering, reduce heat to medium. Add cream cheese, a few pieces at a time, and stir until melted and combined, 2-3 minutes.

13 Add kale to the skillet in handfuls, waiting for the kale to wilt slightly before adding the next handful.

14 Return chicken to the skillet and turn to coat in the sauce. Continue to cook, until heated through, 1-2 minutes.

15 To serve, divide chicken and veggies between plates. Enjoy!