

# 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  
⅓ 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 (½ cup) chicken or vegetable broth
  - ½ tsp paprika
  - ¼ tsp salt
  - ¼ tsp cayenne pepper
  - ¼ tsp garlic powder
  - ¼ tsp onion powder
  - ¼ tsp thyme, dried
- 11 Meanwhile, cut cream cheese into small pieces.
  - ¼ (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!