

Baked Spicy Cajun Chicken with Creamed Corn & Green Beans

30 minutes | 2 servings



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Grab ingredients

$\frac{3}{4}$ lb chicken drumsticks
1 $\frac{1}{2}$ cups frozen corn
 $\frac{1}{2}$ 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 $\frac{1}{2}$ tsp paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp thyme
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp black pepper
 $\frac{1}{4}$ 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.
 $\frac{3}{4}$ 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 $\frac{1}{2}$ 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 (1/4 cup) heavy cream

1/4 tsp salt

1/8 tsp black pepper

9 Wash green beans and trim ends.

1/2 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.

1/4 tsp salt

1 pinch black pepper

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