

Cajun chicken breast (2x2 portions; 35-45min)

Spice mix based on: https://www.bbc.co.uk/food/recipes/cajun_seasoning_92363

Good with rice or pasta, and salad and/or garlic bread.

For the prep (4 portions)

½ tsp salt
2 tsp paprika
½ tsp smoked paprika
½ tsp black pepper
½ tsp ground cumin
¼ tsp cayenne pepper
1 tsp dried oregano
1 tsp dried thyme
½ tsp dried basil

640g chicken breasts

Mix the spices together. Trim and cut the chicken breasts into 8 large goujons/lengthwise strips. Pour the spices over the chicken and turn to make sure the pieces are evenly coated. Refrigerate half the meat for the following day.

For the fry (2 portions)

8-10 tbsp olive oil (adjust as needed)

2 large cloves garlic
1 red onion

½ stock pot
¼ pint hot water
~170g cherry tomatoes

Halve the red onion and cut each half into 3 large wedges. Peel and roughly chop the garlic. Cover the bottom of a large frying pan in oil and heat. Add the onion and garlic, fry on high heat for 30 seconds, then push to the side of the pan.

Tilt the pan so the oil runs out of the onions and place the chicken into it. Move the onions and garlic over the chicken and spread the pieces out in the pan. Cover with a splatter guard if you have one (but not an enclosed lid).

Fry on high heat for 5 minutes without stirring, then flip the chicken pieces, mix the onions, and fry for another 5 minutes.

While the chicken is cooking, boil the kettle and make ¼ pint stock. Halve the cherry tomatoes.

Check that the chicken is cooked; flip and cook for another couple of minutes if needed. Dish the chicken and onion pieces onto plates leaving the juice in the pan. Add the cherry tomatoes, fry on high heat for 1 min, then add the stock and mix well. Bring to the boil for a few seconds, then pour over the chicken (or rice/pasta).