

GREEN
CHEF

14

Cajun Spiced Chicken

with Crispy Kale and a Lime & Mango Salsa



Cook time: 25-30 mins | **Servings:** 2 or 4 portions | Medium Spice

Carbs	Protein	Fat	Calories	5-a-day
31g	41g	11g	395 Kcal	4 portions
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a baking tray, zester, peeler, bowl and frying pan.

Ingredients

Ingredients	2 people	4 people
Diced Butternut Squash**	300g	600g
Smoked Paprika	1 sachet	2 sachets
Lime**	½	1
Medium Tomato	1	2
Mango**	½	1
Echalion Shallot**	1	2
Bell Pepper*** 24)	1	2
Diced Chicken Breast**	300g	600g
Cajun Spice Mix	1 sachet	2 sachets
Kale Chopped**	100g	200g
Olive Oil for the Salsa*	2 tbsps	4 tbsps

*Not Included ** Keep in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition	Per serving	Per 100g
for uncooked ingredient	617g	100g
Energy (kJ/kcal)	1654 /395	268 /64
Fat (g)	11	2
Sat. Fat (g)	2	0
Carbohydrate (g)	31	5
Sugars (g)	22	4
Protein (g)	41	7
Salt (g)	0.54	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

May contain: 24) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.

Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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Now, let's get cooking!



Preheat your oven to 220°C/200°C fan/gas mark 7. Put the **butternut squash** onto a large baking tray. Sprinkle with **smoked paprika** and, if you'd like to, season with **salt** and **pepper**. Drizzle with **oil**, then toss to coat. Roast on the top shelf of the oven for 20-25 mins or until soft and golden, turning halfway through cooking.



While the **butternut squash** roasts, zest and juice the **lime**. Cut the **tomato** into 1cm pieces. Using a peeler, peel the **mango**, then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then cut the **mango** into 1cm pieces. Discard the stone.



Add the **mango**, **tomato**, **lime zest** and **juice** to a bowl. Add the **olive oil for the salsa** (see ingredients for amount) and, if you'd like to, season with **salt** and **pepper**. Mix well. This is your **salsa**. Halve, peel and thinly slice the **shallot**. Halve the **pepper** and discard the core and seeds. Cut into 2cm sized chunks.



Add the **chicken**, **pepper** and **shallot** to a large bowl. Drizzle with some **oil** and the **Cajun spice**. Season with **salt** and **pepper**. Toss to coat. Heat a large frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mixture** to the pan and fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



While the **chicken** and **veg** cook, place the **kale** onto a baking tray, drizzle with a little **oil** and if you'd like to, season with **salt** and **pepper**. Bake on the middle shelf until the **kale** is crispy, 7-8 mins.



Divide the **crispy kale** between your bowls. Top with the **Cajun spiced chicken and veg** and the **paprika butternut squash**. Garnish with the **mango salsa**.

Enjoy!

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