



Cajun Chicken Bake












with Roasted Veggies and Chipotle Crema

PRONTO 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Chicken Breasts
-  Basmati Rice
-  Chicken Broth Concentrate
-  Cajun Seasoning
-  Garlic
-  Corn Kernels
-  Zucchini
-  Sweet Bell Pepper
-  Chipotle Chili Powder
-  Sour Cream
-  Cheddar Cheese, shredded

HELLO BLACKENING

The Cajun technique of searing meat in a hot pan. It's all about getting that perfect crust of aromatic spices!

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Heat Guide for Step 5:

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp
- Extra-spicy: 1 tsp

Bust Out

Large Non-Stick Pan, Garlic Press, Baking Sheet, Measuring Cups, 8x8-Inch Baking Dish, Small Bowl, Measuring Spoons, Medium Pot

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Basmati Rice	3/4 cup	1 1/2 cup
Chicken Broth Concentrate	1	2
Cajun Seasoning	1 tbsp	2 tbsp
Garlic	6 g	12 g
Corn Kernels	56 g	113 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Chipotle Chili Powder	1 tsp	1 tsp
Sour Cream	6 tbsp	12 tbsp
Cheddar Cheese, shredded	1/2 cup	1 cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK RICE

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic** and **rice**. Cook, stirring often, until fragrant, 1 min. Add **1 1/4 cups water** (dbl for 4 ppl) and **broth concentrate**. Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. ASSEMBLE AND BROIL

When **rice** is done, fluff with a fork and season with **salt**. Transfer to an 8x8-inch baking dish (9x13-inch for 4 ppl), then stir in **roasted veggies** and **corn**. Top with **chicken**, then sprinkle over **cheese**. Broil in **middle** of oven, until **cheese** melts, 3-4 min. (**TIP:** Keep your eye on it so it doesn't burn!)



2. PREP & BROIL VEGGIES

While **rice** cooks, core, then cut **peppers** into 1/2-inch pieces. Quarter **zucchini** lengthwise, then cut into 1/2-inch thick half-moons. Toss **zucchini**, **peppers** and **half the Cajun Seasoning** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Broil in **middle** of oven, tossing halfway through cooking, until tender-crisp, 4-6 min.



5. MAKE CHIPOTLE CREMA

While **chicken bake** broils, stir together **sour cream** and **1/8 tsp chipotle powder** in a small bowl. (**NOTE:** Reference Heat Guide.) Season with **salt** and **pepper**.



3. COOK CHICKEN

While **veggies** cook, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Sprinkle over **remaining Cajun seasoning**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add **1/2 tbsp oil** (dbl for 4 ppl), then chicken. Cook, turning **strips** occasionally, until golden-brown and cooked through, 6-8 min.** Transfer to a plate.



6. FINISH AND SERVE

Divide **Cajun chicken bake** between plates. Dollop over **chipotle crema**.

Dinner Solved!