



Crispy Cajun Fried Chicken with Wedges and Slaw

Make Kid Friendly 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories

24



Potatoes



Lemon



Chicken Breasts



Cajun Spice Mix



Breadcrumbs



Coleslaw Mix



Mayonnaise

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, fine grater, baking paper, bowl, whisk and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Lemon** | ½ | ¾ | 1 |
| Chicken Breasts** | 2 | 3 | 4 |
| Cajun Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Breadcrumbs 13 | 50g | 75g | 100g |
| Coleslaw Mix** | 120g | 180g | 240g |
| Mayonnaise 8 9 | 64g | 96g | 128g |
| Pantry | 2P | 3P | 4P |
| Egg* | 1 | 1 | 2 |
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|----------------------------------------|-------------------|------------------|
| Energy (kJ/kcal) | 563g 2565 /613 | 100g 456 /109 |
| Fat (g) | 15.4 | 2.7 |
| Sat. Fat (g) | 2.5 | 0.4 |
| Carbohydrate (g) | 74.8 | 13.3 |
| Sugars (g) | 7.5 | 1.3 |
| Protein (g) | 50.2 | 8.9 |
| Salt (g) | 2.52 | 0.45 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **9**) Mustard **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Bake your Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 25-35 mins. Turn halfway through.



Time to Fry

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Pop the **chicken** onto a baking tray. Place the **chicken** on the middle shelf until cooked through, 8-10 mins. Discard the **oil** from the **chicken** pan. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Chicken

Zest and cut the **lemon** into wedges (see ingredients for amount). Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give them a bash with the bottom of a saucepan until they're 1-2cm thick. Season with **salt** and **pepper**, then sprinkle the **Cajun spice mix** (add less if you'd prefer things milder) all over.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** and **lemon zest** into another bowl. Season with the **salt** (see pantry for amount) and **pepper**.

Making this kid friendly? Keep some chicken plain without the spice.



Make the Slaw

While the **chicken** bakes, pop the **coleslaw mix** into a large bowl with **half** the **mayonnaise**. Squeeze in a little **lemon juice**, season with **salt** and **pepper**, then mix together.

Taste and season again if needed.

Making this kid friendly? Set aside some slaw before adding the lemon juice.



Get Breading

Dip the chicken into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan.

TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.



Serve Up

When everything's ready, transfer the **fried chicken** to your plates. Share out the **wedges** and **slaw** alongside.

Add a dollop of the remaining **mayo** for dipping and serve with any remaining **lemon wedges** for squeezing over.

Enjoy!