



CAJUN HONEY CHICKEN

with Sticky Apricots, Quinoa and Balsamic Roasted Veggies



HELLO QUINOA

We cook and eat quinoa like a grain but it's actually the seed of a plant that's related to spinach!



Chicken Stock Powder



Red Onion



Yellow Pepper



Balsamic Vinegar



Quinoa



Dried Apricots



Coriander



Chicken Thigh



Cajun Spice Blend



Honey



Soured Cream

MEAL BAG 5

30 mins

2 of your 5 a day

Medium heat

Cook within 3 days

Sweet and spicy, our cajun chicken dinner is a winner! Originating from the US state of Louisiana, cajun spice is a distinct blend of paprika, garlic and cayenne pepper that brings this dish to life. Spicy chicken, sweet apricots and roasted vegetables with nutty light quinoa topped with sour cream and a little coriander.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), some **Baking Paper**, a **Baking Tray**, **Sieve** and **Frying Pan**. Now, let's get cooking!



1 MAKE THE STOCK

Preheat your oven to 200°C and bring a large saucepan of water to the boil for the quinoa. Stir in and dissolve the **stock powder**.



2 ROAST THE VEGGIES

Halve and peel the **red onion**, then chop each half into six chunks. Halve, then remove the core from the **red pepper** and slice into thin strips. Place the **onion** and **pepper** on a lined baking tray and drizzle over some **oil**, the **balsamic vinegar** and a pinch of **salt** and **pepper**. Give the tray a shake and roast on the top shelf of your oven until soft, 20 mins.



3 COOK THE QUINOA

Meanwhile, add the **quinoa** to the pan of boiling water and boil for 12-14 mins, or until it is tender and the grains have visibly split. Once cooked, drain in a sieve, then pop back in the pan with the lid on (off the heat). Leave to the side.



4 PREP THE REST

While the quinoa is cooking, roughly chop the **dried apricots**. Roughly chop the **coriander** (stalks and all). Chop each **chicken thigh** into 1cm thick strips. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



5 PAN-FRY THE CHICKEN

Put a frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **chicken strips** along with the **Cajun spice blend**. **TIP:** Add less of the spice if you're not a fan of heat! Fry the **chicken** until browned and slightly crispy, 5 mins, then add the **apricots**, **half the coriander** and all of the **honey**. Cook until the **chicken** and **apricots** are golden and caramelised, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Remove the pan from the heat.



6 FINISH AND SERVE

Fluff up the **quinoa** with a fork and stir in the **balsamic roasted veggies**, **chicken** and **apricots**. Serve in bowls with a dollop of **sour cream** and a sprinkling of remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Stock Powder	1 pot	1½ pots	2 pots
Red Onion	1	1	2
Yellow Pepper	1	2	2
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Quinoa	120g	175g	240g
Dried Apricots 14)	1 bag	1½ bags	2 bags
Coriander	½ bunch	¾ bunch	1 bunch
Chicken Thigh	4	6	8
Cajun Spice Blend	1 small pot	¾ large pot	1 large pot
Honey	1 sachet	1½ sachets	2 sachets
Soured Cream 7)	1 pouch	1½ pouches	2 pouches

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 500G	PER 100G
Energy (kcal)	850	170
(kJ)	3556	711
Fat (g)	35	7
Sat. Fat (g)	14	3
Carbohydrate (g)	69	14
Sugars (g)	30	6
Protein (g)	63	13
Salt (g)	1.12	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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