



Cajun Spiced Chicken

with Quinoa, Sweetcorn and Avocado



HELLO AVOCADO

In the wild, an unpruned avocado tree can grow up to 80 feet tall!



Vegetable Stock Pot



Quinoa



Cajun Spice Blend



Chicken Mini Fillets



Coriander



Avocado



Lime



Black Beans



Sweetcorn

MEAL BAG

20 mins

3 of your 5 a day

very spicy



Rapid recipe

GET **PREPARED!**



Fill and boil your Kettle.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Saucepan** (with a **Lid**), **Large Bowl**, **Fine Grater**, **Frying Pan** and **Sieve**. Let's start cooking the **Cajun Spiced Chicken with Quinoa, Sweetcorn and Avocado**.



1 COOK THE QUINOA

- Pour the boiling **water** (see ingredients for amount) into a saucepan over high heat and stir in the **stock pot** until dissolved.
- Add the **quinoa**, stir well and cover with a lid. Lower the heat to medium and cook until the **stock** has been absorbed, 10-12 mins. Remove from the heat and leave the **quinoa** to finish cooking in its own steam, another 10 mins.



4 FRY THE CHICKEN

- Heat a drizzle of **oil** in a frying pan over medium-high heat. When the pan is hot, add the **chicken pieces** and brown, 2 mins each side.
- Lower the heat to medium and cook the **chicken**, 8-10 mins. Turn every couple of minutes. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2 MARINATE THE CHICKEN

- In a bowl, sprinkle **half** the **cajun spice blend** over the **chicken** (be careful it's spicy!).
- Season with **salt** and drizzle on a splash of **oil**.
- Rub the flavours into the **chicken**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



5 DRAIN THE CARTONS

- Meanwhile, drain and rinse the **black beans** and **sweetcorn** in a sieve.
- Add these to the **avocado** and **lime** in the bowl.



3 PREP THE VEGGIES

- Roughly chop the **coriander** (stalks and all).
- Halve the **avocado**, remove and discard the skin and stone. Chop into small chunks and pop into a large bowl.
- Zest and halve the **lime**. Add the **zest** to **avocado**. Squeeze on **half** the **lime juice** and stir together gently.



6 MIX AND SERVE

- When the **quinoa** is cooked add it to the **avocado and bean mix**. Stir together gently. Taste and season with **salt** and **pepper**.
- Share between your bowls. Top with the **cajun spiced chicken**. Finish with a sprinkling of **coriander** and a wedge of **lime**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Water*	250ml	500ml
Vegetable Stock Pot 10) 14)	½	1
Quinoa	120g	240g
Cajun Spice Blend	½ sachet	1 sachet
Chicken Mini Fillets	1 pack	1 pack
Coriander	1 bunch	1 bunch
Avocado	1	2
Lime	1	2
Black Beans	1 carton	2 cartons
Sweetcorn	1 carton	2 cartons

Not Included*

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 609G	PER 100G
Energy (kcal)	809	133
(kJ)	3385	555
Fat (g)	29	5
Sat. Fat (g)	6	1
Carbohydrate (g)	59	10
Sugars (g)	16	3
Protein (g)	70	11
Salt (g)	2.20	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

🧼 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 between uses.

THUMBS UP OR THUMBS DOWN?

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