



# Cajun Chicken and Peppers

with Savoury Rice and Garlicky Mayo

30 Minutes



Chicken Thighs/Leg



Long Grain Rice



Green Bell Pepper



Sweet Bell Pepper



Green Onions



Garlic



Corn Kernels



Cajun Spice Blend



Chicken Broth Concentrate



Mayonnaise

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen.*

## Start here

- Before starting, preheat the oven to 450°F
- Wash and dry all produce.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust Out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Long Grain Rice	¾ cup	1 ½ cup
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Green Onions	2	2
Garlic	3 g	6 g
Corn Kernels	56 g	113 g
Cajun Spice Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Mayonnaise	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

\*\*\* Minimum weight on chicken

## 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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## Prep and make broth

Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While water comes to a boil, core, then cut **peppers** into 1-inch pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Cut **chicken** in half, crosswise, on a separate cutting board.



## Make garlicky mayo

While rice cooks, stir together **mayo**, **¼ tsp garlic** (NOTE: Reference Garlic Guide) and **½ tbsp water** (dbl for 4 ppl) in a small bowl. Season with **pepper**.



## Roast chicken and peppers

Add **chicken**, **peppers**, **Cajun Spice Blend** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast in the **middle** of the oven, until **peppers** are tender and **chicken** is cooked through, 22-24 min. \*\* (NOTE: For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet. Bake in the top and the middle of the oven, rotating sheets halfway through cooking.)



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide **rice** between plates. Top **rice** with **chicken** and **peppers**. Drizzle with **garlicky mayo** and sprinkle **remaining green onions** over top.

## Dinner Solved!



## Cook rice

While chicken and peppers roast, add **rice** to the pot of **boiling broth**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. When **rice** is done, add **corn** to **rice**. Cover and let stand.