



Cajun Chicken Bake

with Roasted Veggies and Chipotle Crema

35 Minutes



Chicken Breasts



Basmati Rice



Chicken Broth Concentrate



Cajun Seasoning



Garlic



Corn Kernels



Sweet Bell Pepper



Chipotle 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: ½ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, 8x8-inch baking dish, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cup
Chicken Broth Concentrate	1	2
Cajun Seasoning	1 tbsp	2 tbsp
Garlic	6 g	12 g
Corn Kernels	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chipotle Powder 🌶️	1 tsp	1 tsp
Sour Cream	6 tbsp	12 tbsp
Cheddar Cheese, shredded	¼ cup	½ 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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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 ¼ 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.



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 with **cheese**. Broil in the **middle** of the oven, until **cheese** melts, 3-4 min. (**TIP**: Keep your eye on it so it doesn't burn!)



Prep and broil veggies

While **rice** cooks, core, then cut **pepper** into ½-inch pieces. Toss **peppers**, **half the Cajun Seasoning** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway through cooking, until tender-crisp, 4-6 min.



Make chipotle crema

While **chicken bake** broils, stir together **sour cream** and **¼ tsp chipotle powder** in a small bowl. (**NOTE**: Reference Heat Guide.) Season with **salt** and **pepper**.



Cook chicken

While **veggies** cook, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Sprinkle with **remaining Cajun seasoning**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add **½ 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.



Finish and serve

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

Dinner Solved!