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Cajun Chicken & Brown Rice Salad with Lime & Chilli

We're un-Cajun the beast, of flavour that is! Let your imagination and your senses run wild with a marinade that's equal parts dangerous and delicious. To keep it tame, we've paired it with this wholesome brown rice and creamy avocado salad. Take a walk on the wild side.

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins
 **lactose free**

 **level 1**
 **spicy**

Pantry Items



Water



Olive Oil



Brown Rice



Cajun Spice Mix



Chicken Breast



Spring Onions



Avocado



Coriander



Green Beans



Red Capsicum



Long Red Chilli



Lime

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2P

¾ cup

3 cups

2 tsp

2 tsp

2 fillets

1 bunch

1

1 bunch

100 g

1

1

1

4P

1 ½ cups

6 cups

1 tbs

1 tbs

4 fillets

2 bunches

2

2 bunches

200 g

2

2

2

Ingredients

brown rice, rinsed well

water *

olive oil *

Cajun spice mix

chicken breast

spring onions, finely sliced

avocado, cubed

coriander, leaves picked

green beans, trimmed & cut into 1 cm pieces

red capsicum, finely diced

long red chilli, finely sliced

lime, juiced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3190	Kj
Protein	48.5	g
Fat, total	32.9	g
-saturated	7.3	g
Carbohydrate	64.1	g
-sugars	5.9	g
Sodium	200	mg

3a

You will need: *chef's knife, chopping board, large saucepan, ovenproof frying pan and a medium bowl.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **brown rice** and **water** in a large saucepan. Bring to the boil. Gently simmer for **25-30 minutes** or until the rice is tender. Drain.

3 Combine the **olive oil** and **Cajun spice mix** and rub all over the **chicken breast fillets**. Heat an ovenproof frying pan over medium-high heat. Add the chicken breast and cook for **2 minutes** on each side. Transfer the ovenproof pan to the oven and cook for **10 minutes**, or until the chicken is cooked through. Remove from the oven into 1 cm thick slices.

4 Combine the brown rice, **spring onion**, **avocado**, **coriander**, **green beans**, **red capsicum**, **long red chilli** and the chicken slices together in a medium bowl. Drizzle with a little extra olive oil and the **lime juice**. Season with salt and pepper.

Tip: Deseed the chilli if you prefer less heat.

5 To serve, divide the Cajun chicken and brown rice salad between bowls.

3b**3c****4**

Did you know? Cajun spices always consist of capsicum, onion and celery. They are referred to as the 'Holy Trinity.'