



Cajun Chicken Skillet with Buttery Rice

Family Friendly 30 Minutes



Chicken Tenders



Basmati Rice



Crushed Tomatoes
with Garlic and Onion



Green Bell Pepper



Carrot



Green Onions



BBQ Seasoning



Chicken Broth
Concentrate

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Basmati Rice	¾ cup	1 ½ cups
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Carrot	170 g	340 g
Green Onions	2	2
BBQ Seasoning	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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

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 **broth** comes to a boil, core, then cut **pepper** into ½-inch pieces. Peel, then cut **carrot** into ¼-inch pieces. Thinly slice **green onions**.



Prep and pan-fry chicken

Pat **chicken** dry with paper towels. Cut **each tender** in half, crosswise. Season with **salt and pepper**. Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step!)



Cook rice

Add **rice** to the **boiling broth**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Make sauce

Reduce heat to medium-low, then add **carrots** to the pan with **chicken**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **crushed tomatoes** and **BBQ seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-7 min. ****** Add **peppers** and cook, stirring occasionally, until warmed through, 1-2 min. Season with **salt and pepper**, then stir to combine.



Cook peppers

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt and pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate.



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**, then stir to combine. Divide **rice** between bowls. Top with **chicken, sauce** and **veggies**, then sprinkle **remaining green onions** over top.

Dinner Solved!