



New Orleans Cajun Chicken

with Red Beans and Rice

PRONTO 35 Minutes



Chicken Thighs



Jasmine Rice



Chicken Broth Concentrate



Kidney Beans



Garlic



Jalapeño



Parsley



Cajun Seasoning



Crushed Tomatoes



Green Bell Pepper



Celery, chopped



White Wine Vinegar

HELLO CAJUN SEASONING

The perfect blend of spicy, savoury and smoky!

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Large Non-Stick Pan, Measuring Cups, Strainer, Paper Towels, Measuring Spoons, Small Pot, Medium Pot, Garlic Press, Baking Sheet, Large Bowl

Ingredients

	2 Person	4 Person
Chicken Thighs***	310 g	620 g
Jasmine Rice	½ cup	1 cup
Chicken Broth Concentrate	1	2
Kidney Beans	1 can	2 can
Garlic	6 g	12 g
Jalapeño 🌶️	1	2
Parsley	7 g	14 g
Cajun Seasoning	1 tbsp	2 tbsp
Crushed Tomatoes	1 box	2 box
Green Bell Pepper	200 g	400 g
Celery, chopped	56 g	113 g
White Wine Vinegar	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
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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1. PREP

Bring **1 ½ cups water** (dbl for 4 ppl) to a boil in a medium pot. Meanwhile, core, then cut **peppers** into ½-inch pieces. Finely chop **parsley**. Peel, then mince or grate **garlic**. Drain and rinse **beans**. Thinly slice **jalapeño**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping jalapeño!) Pat **chicken** dry with paper towels. Toss **chicken** with **Cajun seasoning** in a large bowl. Season with **salt** and **pepper**. Set aside.



4. COOK SAUCE

While **chicken** cooks, add **peppers, garlic** and **celery** to the same pan. Cook, stirring occasionally, until softened, 3-4 min. Add **crushed tomatoes** and **broth concentrate**. Bring to a boil over high heat. Once boiling, reduce the heat to medium-low. Simmer, stirring occasionally, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



2. COOK RICE & PICKLE JALAPEÑO

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, heat a small pot over high heat. Add **jalapeños, vinegar, 1 tsp sugar** and **¼ cup water** (dbl both for 4 ppl). Cook, stirring occasionally, until softened, 2-3 min. Remove from heat and set aside.



5. FINISH RICE

Fluff **rice** with a fork, then stir in **beans, half the parsley** and **2 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**.



3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl) then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. Transfer **chicken** to a baking sheet. Roast in **middle** of oven, until cooked through, 7-10 min.**



6. FINISH AND SERVE

Slice **chicken**. Divide **rice** between plates. Top with the **sauce, Cajun chicken** and **pickled jalapeños**. Sprinkle over **remaining parsley**.

Dinner Solved!