



# Cajun-Style Chicken and Peppers

with Savoury Rice and Garlicky Mayo

30 Minutes



Chicken Thighs



Parboiled Rice



Yellow Onion



Sweet Bell Pepper



Green Onions



Garlic, cloves



Seasoned Salt



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 4 (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 ♦	4	8
Parboiled Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Green Onions	1	2
Garlic, cloves	1	2
Seasoned Salt	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Mayonnaise	4 tbsp	8 tbsp
Oil*		
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 and make broth

Add **broth concentrate**, **1 ¼ cups water** and **1 tsp seasoned salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, core, then cut **pepper** into 1-inch pieces. Peel, then cut **onion** into 1-inch pieces. Separate **onion layers**. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels.



## Make garlicky mayo

While **rice** cooks, add **mayo**, **½ tbsp water** (dbl for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **pepper**, then stir to combine.



## Roast chicken and peppers

Add **chicken**, **peppers**, **onions**, **remaining seasoned salt** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Arrange in a single layer. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil and half of the remaining seasoned salt per sheet.) Roast in the **middle** of the oven until **peppers** are tender and **chicken** is cooked through, 22-24 min. \*\* (**NOTE:** For 4 ppl, bake in the top and middle of the oven, rotating sheets halfway through.)



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. 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 **boiling broth**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.