



# 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!