



# Creamy Tomato Cajun Chicken with spinach and mashed potato

Family 30 – 35 mins

5



Diced Chicken Breast



Potatoes



Garlic



Cajun Spice Mix



Passata



Chicken Stock



Creme Fraiche



Grated Italian Style Hard Cheese



Baby Spinach

Pantry Items: Salt, Water, Sugar, Pepper, Oil, Milk (Optional), Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater, pot with lid, potato masher

## Ingredients

|                                  | 2P        | 4P        |
|----------------------------------|-----------|-----------|
| Diced Chicken Breast             | 260 g     | 520 g     |
| Potatoes                         | 600 g     | 1200 g    |
| Garlic                           | 2 units   | 4 units   |
| Cajun Spice Mix                  | 2 sachets | 4 sachets |
| Passata                          | 1 pack    | 2 packs   |
| Chicken Stock                    | 1 sachet  | 2 sachets |
| Creme Fraiche                    | 65 g      | 110 g     |
| Grated Italian Style Hard Cheese | 1 unit    | 2 units   |
| Baby Spinach                     | 60 g      | 120 g     |

## Nutrition

|                                 | Per serving          | Per 100g           |
|---------------------------------|----------------------|--------------------|
| <b>for uncooked ingredients</b> | <b>614.5 g</b>       | <b>100 g</b>       |
| Energy (kJ/kcal)                | 2453 kJ/<br>586 kcal | 399 kJ/<br>95 kcal |
| Fat (g)                         | 15.4 g               | 2.5 g              |
| Sat. Fat (g)                    | 8.6 g                | 1.4 g              |
| Carbohydrate (g)                | 70.9 g               | 11.5 g             |
| Sugars (g)                      | 13.8 g               | 2.2 g              |
| Protein (g)                     | 40.4 g               | 6.6 g              |
| Salt (g)                        | 2.8 g                | 0.4 g              |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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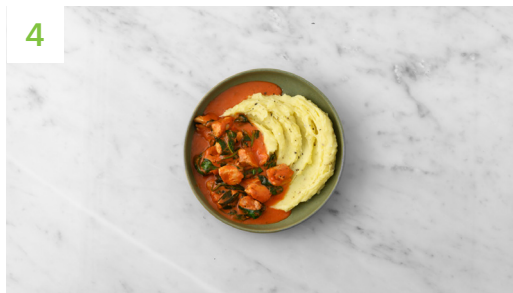


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### Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins. Once cooked, drain in a colander and return to the pot off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.
- Peel and grate the **garlic** (or use a garlic press).



### Serve and Enjoy

- When everything is ready, divide the creamy **Cajun chicken** between bowls.
- Serve the creamy mash alongside.

### Enjoy!



### Cook the Chicken

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**. Season with **salt** and **pepper**.
- Cook until browned, shifting occasionally, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Once **chicken** is browned, add **garlic** and **Cajun spice** and fry for 1 min.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



### Finishing Touches

- Stir in the **passata**, **stock** and ½ tsp **sugar** (double for 4p).
- Bring to the boil, then lower the heat. Simmer until **chicken** is cooked through 4-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through the **creme fraiche** and **cheese**.
- Add the **spinach** to the pan, a handful at a time and cook, stirring until wilted, 1-2 mins.
- Season to taste with **salt** and **pepper**. Loosen the sauce with a splash of **water** if necessary.