



Cajun Fried Chicken

with sweet potato mash and zesty shredded salad

Classic 30-35 mins

1



Chicken Breast



Lime



Sweet Potato



Cajun Spice Mix



Carrot



Parsley



Breadcrumbs



Apple



Salad Leaves

Pantry Items: Butter, Milk, Salt, Pepper, Egg, Water, Oil

Before you start

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

Cooking tools you will need

Grater, Colander, Large Pot, Lid, Potato Masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Lime	1 unit	2 units
Sweet Potato	300 g	600 g
Cajun Spice Mix	2 sachets	4 sachets
Carrot	1 unit	2 units
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack
Apple	1 unit	2 units
Salad Leaves	40 g	80 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	525 g	100 g
Energy (kJ/kcal)	1868.2 kJ/ 446.5 kcal	355.9 kJ/ 85.1 kcal
Fat (g)	5.6 g	1.1 g
Sat. Fat (g)	1.4 g	0.3 g
Carbohydrate (g)	61.4 g	11.7 g
Sugars (g)	18.2 g	3.5 g
Protein (g)	40.1 g	7.6 g
Salt (g)	0.6 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Make the Mash

- Boil a large pot of **salted water** for the **sweet potatoes**. Chop into 2cm chunks (peeling optional).
- When boiling, add the **potatoes**, lower heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot off the heat.
- Add a knob of **butter** and a little **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Fry the Chicken

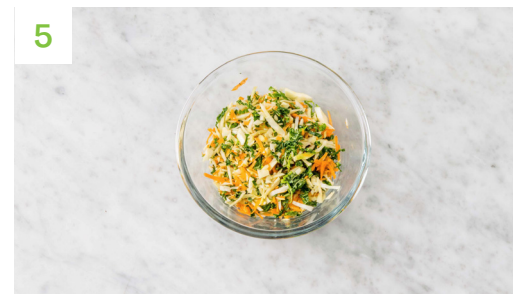
- Add enough **oil** to a large pan to cover the entire bottom, and heat on medium-high.
- When the **oil** is hot fry the **chicken** for 7-8 mins each side, or until golden, crispy and cooked through.
- Set aside on a clean plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

TIP: You want the oil to be hot enough that the chicken fries properly.



Get Prepped

- Halve the **lime**. Coarsely chop the **parsley** (stalks and all).
- Trim and grate the **carrot** (unpeeled).
- Mix the **breadcrumbs** with the **Cajun spice mix**, ¼ tsp **salt** (double for 4p) and **pepper** together in a deep plate or large bowl.
- Beat 1 **egg** (double for 4p) in a separate deep plate or large bowl.



Assemble the Salad

- Quarter, core and thinly slice the **apple** (no need to peel).
- In a medium bowl mix 1 tbsp **lime** juice (double for 4p), a drizzle of **oil**, **salt** and **pepper**.
- Add the **carrot**, **salad leaves**, **apple**, and half the **parsley**. Toss together.



Coat the Chicken

- Lay the **chicken breast** on your chopping board. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Place your hand flat on top of the **chicken** and carefully slice it from thick end to thin point until there's 2cm left (don't slice all the way through).
- Open it up like a book. You've butterflied your **chicken!** Repeat with the other breast(s).
- Dip **chicken** first in **egg** then in **breadcrumbs**. Set aside.



Garnish and Serve

- Arrange the mashed **sweet potato**, **chicken** and salad on plates.
- Top with remaining **parsley**.

Enjoy!