



Creamy Tomato Cajun Chicken with spinach and mashed potato

Calorie Smart 30 – 35 mins

20



Diced Chicken Breast



Potatoes



Garlic



Cajun Spice Mix



Passata



Chicken Stock



Creme Fraiche



Grated Italian Style Hard Cheese



Baby Spinach



Pine Nuts



Paprika

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



Rate your recipe!

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
Crème Fraîche	65 g	110 g
Grated Italian Style Hard Cheese	1 unit	2 units
Baby Spinach	120 g	240 g
Pine Nuts	10 g	20 g
Paprika	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	651.5 g	100 g
Energy (kJ/kcal)	2631.7 kJ/ 629 kcal	404 kJ/ 96.5 kcal
Fat (g)	18.2 g	2.8 g
Sat. Fat (g)	8.9 g	1.4 g
Carbohydrate (g)	73.2 g	11.2 g
Sugars (g)	14.8 g	2.3 g
Protein (g)	42.5 g	6.5 g
Salt (g)	3.9 g	0.6 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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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).



Simmer the Sauce

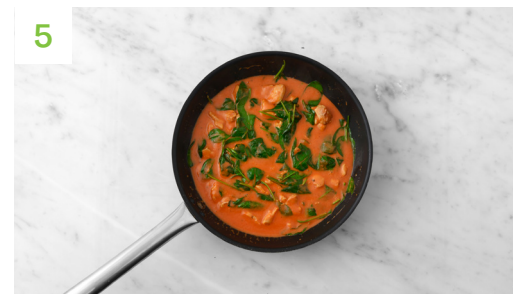
- Stir in the **passata**, **stock**, **paprika** and ½ tsp **sugar** (double for 4p).
- Bring to the boil, then lower the heat.
- Simmer until **chicken** is cooked through 4-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through the **crème fraîche**.



Toast the Pine Nuts

- Place a pan over medium heat (no oil).
- Once hot, dry-fry the **pine nuts**, stirring regularly, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

TIP: Watch them closely—they can burn easily.



Finishing Touches

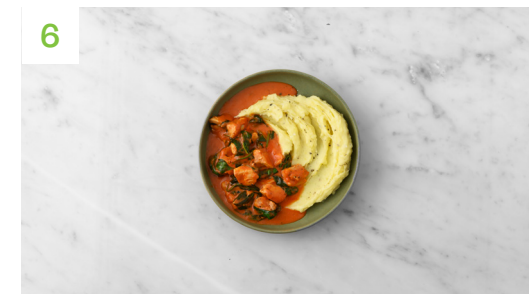
- Add the **spinach** to the pan, a handful at a time and cook, stirring until wilted, 1-2 mins.
- Season to taste with **salt** and **pepper**. Loosen the sauce with a splash of **water** if necessary.



Cook the Chicken

- Return the pan to 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.



Serve and Enjoy

- When everything is ready, divide the creamy Cajun **chicken** between bowls.
- Top with a scattering of **cheese** and a sprinkling of toasted **pine nuts**.
- Serve the creamy mash alongside.

Enjoy!