



Product Spotlight: Corn

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!





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Cajun Chicken

with Creamed Corn and Roasted Pumpkin

Skin-on chicken breast fillets roasted with a custom blend Cajun spice mix, served with wedges of roasted butternut pumpkin tossed with tomato and baby spinach, served with homemade creamed corn.

 30 minutes

 2 servings

 Chicken

28 October 2022

Switch it up!

Cut corn into cobs and roast with vegetables for the last 10 minutes instead of making creamed corn. Served finished dish with a chutney, relish or aioli of choice.

Per serve: **PROTEIN** 54g **TOTAL FAT** 13g **CARBOHYDRATES** 74g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
CAJUN SEASONING	1 packet (12g)
BUTTERNUT PUMPKIN	1
RED ONION	1
CORN COB	1
CORIANDER	1 packet
TOMATO	1
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, soy sauce (or tamari)

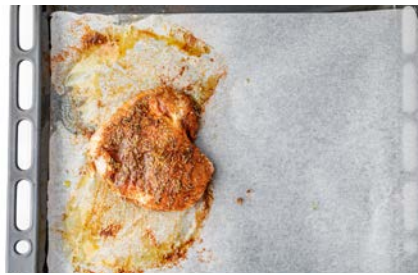
KEY UTENSILS

oven tray, saucepan, stick mixer or small blender

NOTES

Roast the vegetables on a separate oven tray to avoid over-crowding if your tray is on the smaller side.

Adding the cob to the saucepan helps to add extra starch, which will result in a creamier finish.



1. ROAST THE CHICKEN

Set oven to 220°C and bring a saucepan of water to a boil.

Add chicken to a lined oven tray (to one side). Slash in 3-4 places. Coat in **oil**, Cajun seasoning and **pepper**. Roast for 5 minutes (see step 2).



2. ROAST THE PUMPKIN

Wedge pumpkin and red onion. Add to oven tray with chicken (see notes). Toss with **oil**, **3 tsp soy sauce** and **pepper**. Return to oven and roast for 15-20 minutes until chicken is cooked through and vegetables are tender.



3. BOIL THE CORN

Remove corn kernels from cob. Add kernels and cob to boiling water (see notes) and cook for 2-3 minutes until tender. Reserve **3/4 cup cooking liquid** and drain corn. Discard cob.



4. MAKE CREAMED CORN

Use a stick mixer to blend 1/2 cooked corn and **reserved cooking liquid**, as needed, to a smooth consistency. Add to a bowl along with remaining corn kernels. Finely chop coriander (including stems) and add to bowl. Stir to combine. Season with **salt and pepper**.



5. TOSS THE PUMPKIN

Dice tomato. Add to oven tray along with baby spinach and **2 tsp vinegar**. Toss to combine.



6. FINISH AND SERVE

Slice chicken breast.

Divide chicken among plates along with tossed pumpkin. Serve with creamed corn.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

