



Everything
But The Chef

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Cajun Chicken with Brown Rice Medley

We're un-Cajun the beast, of flavour that is! Let your imagination and your senses run wild with a marinade that's equal parts dangerous and delicious. To keep it tame, we've paired it with this wholesome brown rice and roasted corn salad. Take a walk on the wild side.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



spicy



2 pantry items



Brown Rice



Corn



Chicken Thighs



Cajun Spice Mix



Spring Onions



Avocado



Coriander



Long Chilli



Lime

2P	4P	Ingredients
½ cup	1 cup	brown rice
1 ½ cups	3 cups	water *
1 tbs	2 tbs	olive oil *
1 cob	2 cobs	corn, shucked A
2 tsp	1 tbs	HelloFresh Cajun Spice Mix
350 g	700 g	chicken thighs, skin on
½ bunch	1 bunch	spring onion, finely sliced ⊕
1	2	avocado, cubed
¼ cup	½ cup	coriander, leaves picked ⊕
1	2	long chilli, finely sliced ⊕
1	2	lime, juiced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3370	Kj
Protein	43.3	g
Fat, total	42.5	g
-saturated	9.1	g
Carbohydrate	58.9	g
-sugars	3.5	g
Sodium	227	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat oven to **200°C/180°C** fan-forced.

2 Place the **brown rice** in a sieve and rinse with cold water until the water runs clear. Drain well. Then place in a large pot with the **water** and a pinch of salt. Bring to the boil. Cover and reduce the heat to a gentle simmer for **25 minutes** or until the water is absorbed and the rice is tender.



3 Meanwhile, rub half of the **olive oil** on the **corn cob** and place on an oven tray. Pop in the oven for **25 minutes** or until golden. Remove, cool slightly and cut the kernels from cob.

4 Combine the remaining olive oil and **HelloFresh Cajun Spice Mix** and rub all over the **chicken thighs**. Heat an ovenproof frying pan over medium-high heat. Add the chicken thighs and cook for **2 minutes** on each side. Transfer the ovenproof pan to the oven and cook for **5 minutes**, or until the chicken is cooked through.



5 Combine brown rice, corn kernels, **spring onion**, **avocado**, **coriander** and **chilli**. Drizzle with a little extra olive oil and the **lime juice**. Season with **salt** and **pepper**.

Tip: Deseed the chilli if you prefer less heat.

6 To serve, divide the brown rice salad and chicken between plates.



Did you know? Throw your lime in the microwave for 10 seconds and it will produce nearly double the amount of juice!