

KETO ONE PAN CAJUN CHICKEN DINNER



SAVEUR PRODUCT USED

CAJUN MIX, SEASONED SALT, TACO SPICE

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 chicken thigh cutlets (skin on/bone in)

2 tbsp. *Saveur* Cajun Mix

1 tsp. *Saveur* Taco Spice

500g brussell sprouts, cut in half

2 tbsp. ghee/olive oil

PREPARATION INGREDIENTS

2 tbsp. olive oil, divided

**1 green pepper, diced into 1-inch/
2cm pieces**

**1 red pepper, diced into 1-inch/
2cm pieces**

**1 large red onion, diced into 1-inch/
2cm pieces**

1 tsp. *Saveur* Seasoned Salt

Fresh parsley, chopped (optional)

1 lemon

METHOD

BAG 1 - Mix together Cajun Mix, 1 tbsp. oil and add to chicken in zip-top bag. Rub seasoning in well. Seal ensure excess air is removed.

Bag 2 - Place brussell sprouts into zip lock bag add remainder of oil and Taco Spice. Mix well, ensuring sprouts are well covered. Seal and ensure excess air is removed.

Place both bags into a large zip-top bag and seal. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

COOKING INSTRUCTIONS

Preheat oven to 425°F.

Place chicken skin side down in baking pan on baking paper.

Transfer brussell sprouts to baking sheet, placing them around chicken thighs. Roast in preheated oven for 30 minutes.

Remove pan from oven. Add bell peppers and red onion over brussell sprouts and toss. Turn over chicken and then return to oven. Roast about 10 - 15 minutes longer until chicken is golden and cooked through and sprouts are tender.

Serve warm, sprinkled with parsley and season with Seasoned Salt to taste. Squeeze over lemon juice.

