

REV 90 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 off/bone in)

2 tbsp. *Saveur Cajun Mix*

1 tsp. *Saveur Taco Spice*

500g brusell sprouts, cut in half

PREPARATION INGREDIENTS

1 green pepper, diced 1-inch pieces

1 red pepper, diced into 1-inch pieces

1 large red onion, diced into 1-inch pieces

1 tsp *Saveur Seasoned Salt*

Fresh parsley, chopped (optional garnish)

1 lemon

METHOD

BAG 1 - Mix together Cajun Mix and chicken in zip-top bag. Rub spices onto chicken thighs. Seal ensure excess air is removed.

Bag 2 - Place brusell sprouts into zip-top bag and Taco Spice. Mix well ensuring brusell sprouts are well covered. Seal 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 parchment paper onto a baking pan and place chicken on top of paper.

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

4Remove from oven and add bell peppers and red onion over sprouts and toss. Turn over chicken and then return the pan to the 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.

