

WELLNESS 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

1 lb./500g roasting potatoes, diced to 1-inch/2cm pieces

2 tbsp. ghee/olive oil

PREPARATION INGREDIENTS

2 tbsp. olive oil, divided

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 for garnish (optional)

1 lemon

METHOD

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

Bag 2 - Place diced potatoes into zip-top bag add remainder of oil and Taco Spice. Mix well, ensuring potatoes 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 potatoes to baking sheet, placing them around chicken thighs. Roast in preheated oven for 30 minutes.

Remove from oven and add bell peppers and red onion over potatoes and toss. Turn over chicken and then return to oven and roast about 10-15 minutes longer until chicken is golden and cooked through and potatoes are tender.

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

