

Cajun Chicken

A flavour powerhouse of a dish which uses
Downderry spice Cajun Spice Blend to bring this
Cajun dish to the plate



Ingredients

- ☐ 2-3 tbsp of Downderry Spice
Cajun Spice blend
- ☐ Zest and Juice of 1 Lemon
- ☐ 1 tbsp Olive Oil
- ☐ 4 skinless chicken breasts

Serve with Sweet Potato Wedges

- ☐ 4 Sweet Potatoes, scrubbed and
cut into thick wedges
- ☐ 1 tbsp good quality Rapeseed oil
- ☐ 1-2 tbsp of Smoked Paprika
- ☐ Freshly ground black pepper

**Try serving with a green salad or
a creamy coleslaw**

Instructions

- * Place the chicken breasts in backing
parchment and tenderise the chick-
en by gently bashing with a rolling
pin until they are @2 cm thick.
- * Place the chicken and Cajun Spice in
a container and make sure the
chicken is completely cover in the
Cajun spice. Add more spice if
needed to over the chicken
- * Place in the fridge for at least 3
hours or over night of possible.
- * Heat the oven to 200c/180c
Fan/gas 6 take chicken out of the
fridge and shake any excess Cajun
Spice from the chicken breasts.
- * Toss the Sweet potato wedges in the
rapeseed oil and Smoked paprika
and season with the black pepper,
place in a non-stick oven tray and
bake for @ 20-25 minutes until
tender and golden brown
- * Using a non-stick griddle pan (or
frying pan), cook the chicken on a
high heat, turning several times until
clear juices run from the chicken
when using a skewer
- * Serve with the Sweet potato wedges