

Cajun-Spiced Chicken

with Potato Salad & Red Cabbage Slaw

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

The centerpiece of this Cajun-inspired dish is pan-seared chicken, glazed with a flavorful blend of olive oil and zesty spices like smoked paprika, garlic powder, and a bit of cayenne. To balance the heat of the chicken, we're preparing a potato salad with the "Holy Trinity," a classic combination of bell pepper, onion, and celery that forms the base of many classic Cajun dishes. Here, the aromatic vegetables lend plenty of flavor and a bit of crunch to contrast with the creamy potatoes. A red cabbage slaw completes the meal on a refreshing note.



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1
CARROT



1
GREEN BELL
PEPPER



1 stalk
CELERY



1
YELLOW ONION



3/4 lb
YUKON GOLD
POTATOES



1/2 lb
RED CABBAGE

KNICK KNACKS:



2 Tbsp
MAYONNAISE



1 Tbsp
SUGAR



2 Tbsp
RED WINE
VINEGAR



2 tsp
CAJUN CHICKEN
SPICE BLEND*

* Smoked Paprika, Mustard Powder, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme, & Cayenne Pepper



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potatoes.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Peel the carrot; grate on the large side of a box grater.
- ☐ Peel and small dice the onion.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper; small dice.
- ☐ Small dice the celery.



2 Cook the potatoes:

- ☐ Add the **potatoes** to the pot of boiling water. Cook 7 to 9 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.



3 Make the slaw:

- ☐ While the potatoes cook, in a large bowl, combine the **cabbage, carrot, sugar,** and **¾ of the vinegar.** Drizzle with olive oil and season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



4 Cook the vegetables:

- ☐ While the slaw marinates, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot.
- ☐ Add the **onion** and **pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.
- ☐ Add the **celery**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened. Turn off the heat; season with salt and pepper to taste.
- ☐ Transfer to the pot of **cooked potatoes.** Wipe out the pan.



5 Cook the chicken:

- ☐ In a bowl, combine the **spice blend** and **1 tablespoon of olive oil.** Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes on the first side, or until browned. Flip and cook 3 to 4 minutes, or until lightly browned.
- ☐ Add **as much of the spice blend-oil mixture as you'd like,** depending on how spicy you'd like the dish to be. Cook, constantly spooning the oil over the chicken, 30 seconds to 1 minute, or until the chicken is coated and cooked through. Turn off the heat.



6 Make the potato salad & plate your dish:

- ☐ To the pot of **cooked potatoes and vegetables,** add the **mayonnaise** and **remaining vinegar**; stir to thoroughly combine. Drizzle with olive oil and season with salt and pepper to taste.
- ☐ Divide the **cooked chicken, slaw,** and potato salad between 2 dishes. Enjoy!