

# Cajun Chicken

with Zucchini Rice & Creamy Dressing

4 SERVINGS

⌚ 25-35 MINS


 **Blue Apron**  
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## Ingredients\*


Customized ingredients



18 oz Boneless Chicken Breast Pieces 

SWAPPED FOR:



18 oz Tail-On Shrimp<sup>1</sup> 



1 cup Long Grain White Rice



2 Zucchini



2 Poblano Peppers



4 Scallions



¼ cup Crème Fraîche



½ cup Sour Cream



2 oz Garlic & Herb Spreadable Butter



1 Tbsp Apple Cider Vinegar



1 Tbsp Cajun Spice Blend<sup>2</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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1. peeled & deveined 2. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

### 1 Cook the rice

- Remove the **spreadable butter** from the refrigerator to soften.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.



### 3 Cook the vegetables & finish the rice

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** and **diced peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the pot of **cooked rice**; add the **softened butter** and stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



### 4 Make the creamy dressing

- Meanwhile, in a bowl, combine the **sour cream**, **crème fraîche**, **vinegar**, and **2 teaspoons of olive oil**. Taste, then season with salt and pepper if desired.



### 5 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. Toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.
- Serve the **finished rice** topped with the **cooked chicken** and **creamy dressing**. Garnish with the **sliced green tops of the scallions**. Enjoy!



### ↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired); place in a bowl. Season with salt, pepper, and the **spice blend**. Toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp in an even layer. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.
- Serve the **finished rice** topped with the **cooked shrimp** and **creamy dressing**. Garnish with the **sliced green tops of the scallions**. Enjoy!