



Cajun Chicken

INGREDIENTS

2 Chicken Fillets
(180-200g per fillet)

300g Dalziel Cajun Sauce

Verstegen DS Binder

Dalziel Cajun Spice

Sweetcorn (tin, drained)

Red & Green Peppers (diced)

METHOD

- Season the chicken with a light dusting of the Dalziel Cajun Spice and a sprinkle of the Binder.
- Place two chicken fillets into a smoothwall foil tray and spoon over the Sauce.
- Mix the sweetcorn with the peppers.
- Sprinkle the mixed vegetables on top to garnish.

COOKING GUIDE

- Oven cook at 180°C for approx 25-30 mins.

Please note that all recipes and cooking instructions are intended as a guideline only.

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