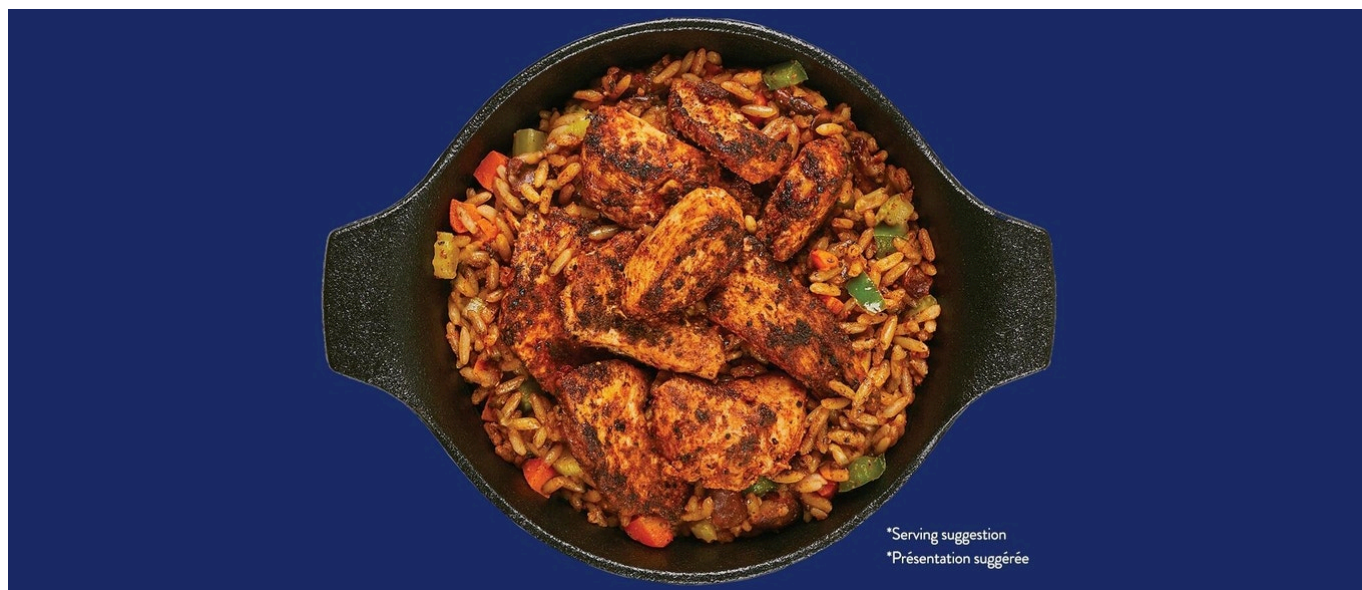


One Pan Cajun Chicken
RECIPE

One Pan Cajun Chicken



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

5 items

MAKES

4 servings

Sometimes, one pan is all you need! For a quick and easy meal, try succulent pieces of chicken tossed in Cajun herbs and spices served with diced vegetables, red beans and rice.

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- [<?xml version="1.0" encoding="UTF-8"?> Email \(opens in new window\)](mailto:Ben'sOriginal@ben'soriginal.com?subject=One%20Pan%20Cajun%20Chicken&body=I%20would%20like%20to%20receive%20the%20grocery%20list%20and%20recipe%20for%20One%20Pan%20Cajun%20Chicken.)

Use the email icon to send the Grocery list and the Recipe to your email.

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INGREDIENTS

- 2 pouches (each 240 g) BEN'S ORIGINAL™ RICE & PULSES Smokey Flavour Rice & Red Beans
- 1 lb (500 g) Chicken breasts, cut into 1"/2.5 cm pieces
- 2 Tbsp (30 mL) Cajun Seasoning
- 2 tsp (10 mL) Canola oil
- 4 cups (1000 mL) Frozen diced vegetable mix (onions, carrots, celery and pepper)

INSTRUCTION

1.
In a bowl add Cajun seasoning and chicken breast pieces and toss until pieces are completely coated.
2.
In a large non-stick skillet, heat 1 tsp (5 mL) oil over medium heat. Add seasoned chicken pieces and stir fry until completely cooked and browned. Remove from pan and set aside.
3.
In the same skillet, heat 1 tsp (5 mL) oil over medium-high heat. Add vegetable mix and cook for 5 minutes.
4.
Add BEN'S ORIGINAL™ RICE & PULSES Smokey Flavour Rice & Red Beans and cook, while stirring until heated through. Add back Cajun Chicken pieces, cover, remove from heat and let sit for 5 minutes. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 398
- Carbohydrates (g) 47 g
- Dietary Fiber (g) 7 g
- Protein (g) 34 g
- Total Fat (g) 6 g
- Sodium (mg) 784 mg

CATEGORIES :

[Chicken](#), [less than 20](#), [Ready to Heat Rice](#)

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Cooking time

20 min

Ingredients

10 items

[SEE DETAILS](#)



[Jerk Chicken with Cilantro & Lime Flavour Rice & Black Beans](#)

Cooking time

20 min

Ingredients

7 items

[SEE DETAILS](#)



[Sizzling Tandoori Chicken with Basmati Rice](#)

Cooking time

30 min

Ingredients

9 items

[SEE DETAILS](#)

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