



## One Pan Cajun Chicken - Serves 4

### Ingredients:

- 4 chicken thighs and 4 chicken drumsticks
- 1kg baby new potatoes
- 1 small butternut squash
- 1 red pepper
- 1 whole garlic bulb
- 4 tablespoons olive oil
- A few stems of fresh or dried sage
- Ground black pepper
- 1 teaspoon ground Cajun spice
- 4 tablespoons runny honey

### Method:

1. Pre heat the oven to 200°C/Gas Mark 6
2. Put the chicken in a colander, rinse with cold water and drain well; on the chopping board, make two or three cuts in each piece of chicken and put in a roasting tin
3. Wash the potatoes and cut any large ones in half
4. Cut the butternut squash in half lengthways, scoop out the seeds with the spoon and cut the peel away with the vegetable peeler; cut into thick slices
5. Cut the red pepper into chunky pieces, discarding the core and seeds.
6. Separate the garlic bulb into cloves but leave their papery skins on
7. Put all the vegetables into the roasting tin - spoon over the oil, and add the garlic cloves. Sprinkle with a few sage leaves, pepper and Cajun spice

8. Roast in the centre of the oven for 45 minutes
9. Carefully take the pan out of the oven with oven gloves; turn the chicken, spoon the oil over the potatoes and drizzle with the honey
10. Cook for 15 more minutes until the chicken is thoroughly cooked

## **Did you know ?**

### **Chicken and turkey**

Chicken is Britain's favourite meat. Meat with the skin taken off is low in fat, particularly saturated fat.

Chicken and turkey are high in protein. We need protein for growth and development. Children in particular need protein to help them grow.

### **Safety tips**

- Make sure raw meat is cooked thoroughly
- Wash hand after touching raw meat
- If re heating make sure meat is piping hot
- If you are not sure how old the meat is –throw it out

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