givelight

COOKING CLUB

This Month's Recipe: **Cajun Chicken Pasta**

Ingredient List

Gather these before our June 27th meeting if you would like to cook along!
Quantities are provided in both US customary & International units 😊

1. Chicken Breast (14oz - 400g)
2. Penne Pasta (7oz - 200g)
3. Onion (1)
4. Green Chili (2) – optional, for spice
5. Bell Pepper (1)
6. Tomato (2 small or 1 big)
7. Lime (1)
8. Cooking Oil (2 tbsp – 30ml)
9. Garlic & Ginger Paste (2 tbsp – 30g)
10. Tomato Paste (1 tbsp – 15g)
11. Plain Yogurt or Greek Yogurt (2 tbsp – 30 g)
12. Heavy Cream or Half & Half (1 cup – 240ml)
13. Shredded Cheese Blend (1 cup – 115g)
14. Garlic Powder (2 tsp – 6g)
15. Cajun Spice* (2 tbsp – 15g)
16. Smoked Paprika (2 tbsp – 15g)
17. Chicken Stock Cube
18. Dried Parsley (2 tbsp – 3g)
19. Salt and Pepper

This recipe proportion will yield about **4 servings.**

*If you are unable to find Cajun Spice, you can make your own! Here is the **recipe:**
Mix together equal parts of salt, black pepper, paprika, cayenne pepper, garlic powder, onion powder, thyme, oregano, & a pinch of red pepper – it's ok if you don't have all the spices.

Cajun Chicken Pasta Recipe 🌶️🍝

Step 1: Cook the Pasta

1. Cook the pasta according to the directions on the box.

2. Before draining the pasta, save 1 cup (240 ml) of the pasta water. Set aside.

Step 2: Marinate the Chicken

1. Cut the chicken into small bite-sized pieces.

2. In a bowl, mix the chicken with:
   - Yogurt – 2 tbsp (30 g)
   - Juice of 1 lime
   - Dried parsley – 1 tbsp (1.5 g)
   - Garlic powder – 2 tsp (6 g)
   - Cajun seasoning – 1 tbsp (7.5 g)
   - Smoked paprika – 1 tbsp (7.6 g)
   - A pinch of salt & pepper

3. Mix everything well so the chicken is fully coated. Cover and refrigerate for around 30 minutes.

Step 3: Prep the Vegetables

1. Wash, dry, and chop the following:
   - Onion
   - Green chilies
   - Bell pepper
   - Tomato(s)

Step 4: Cook the Chicken

1. Heat 1 tbsp (15 ml) of oil in a pan.

2. Add the chicken and cook on high heat for 3–5 minutes, until the color starts to change.

3. Place a lid on the pan, lower the heat to medium-low, and continue cooking for about 15-20 minutes, stirring every 5 minutes.

4. Once fully cooked, remove the chicken from the pan and place it on a plate.

Step 5: Cook the Vegetables

1. To the same pan, add the remaining olive oil and heat on medium-high.

2. Add:
   - Onion
   - Green chilies
   - Ginger garlic paste

3. Cook for a few minutes until the onion becomes soft and lightly golden.

4. Stir in the tomato paste and mix well.

5. Add the tomatoes and bell pepper. Cook for 3–5 minutes, until the peppers soften slightly.

Step 6: Build the Sauce

1. To the same pan, add:
   - Cream (or half & half)
   - Reserved pasta water
   - Chicken stock cube

2. Mix well and let it simmer for 5 minutes.

3. Then add:
   - Remaining Cajun seasoning
   - Remaining smoked paprika

4. Mix well.

5. Finally, add:
   - Remaining dried parsley
   - Shredded cheese blend
   - Salt & pepper to taste

6. Cook on medium-low heat for 3–4 minutes, stirring until the sauce becomes creamy and slightly thick.

Step 7: Put Everything Together

1. Now, add the chicken back into the sauce and stir. Cook for 2 minutes to warm through.

2. Finally, add the cooked pasta and mix until everything is coated in the sauce.

3. Serve warm and enjoy! 🍝✨