



#### In your box

- 8 oz. Carrot
- 2 oz. Sour Cream
- 2 Green Onions
- 1 Red Bell Pepper
- 5 oz. Corn Muffin Mix
- 1 oz. Shredded Cheddar-Jack Cheese
- 2 tsp. Cajun Seasoning
- 1 Jalapeño Pepper
- 1 Yellow Onion

#### Customize It Options

- 14 oz. Diced Chicken Thighs
- 12 oz. Ground Pork
- 12 oz. Ground Turkey
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, wheat

#### You will need

Olive Oil, Salt, Cooking Spray  
Mixing Bowl, Large Non-Stick Pan,  
Medium Oven-Safe Casserole Dish



## Cajun Chicken Thigh Cornbread Pie

with sour cream and red bell pepper

NUTRITION per serving—Calories: 767, Carbohydrates: 81g, Fat: 26g, Protein: 50g, Sodium: 1590mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

50-60 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a casserole dish with cooking spray
- Ingredient(s) used more than once: **cornbread mix, green onions**

## Customize It Instructions

- If using **chicken breasts**, pat dry and cut into 1" dice. Season with a pinch of **salt** and **pepper**. Follow same instructions as chicken thighs.
- If using **ground turkey** and **ground beef**, before Step 3, heat a large non-stick pan over medium-high heat and add ground meat and a pinch of salt and pepper. Stir occasionally until no pink remains, 7-9 minutes. Remove to a plate and wipe pan clean. Return to pan to medium-high heat and follow Step 3. Add turkey in Step 4.

### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Halve and peel **onion**. Cut halves into ½" dice.
- Stem, seed, remove ribs, and cut **red bell pepper** into ½" dice.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Retain seeds for more spice. Wash hands and cutting board after working with jalapeño.*
- Pat **diced chicken thighs** dry. *Don't worry about trimming. Excess fat will render while cooking and add flavor.*



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### Make the Corn Batter

- Set aside 2 Tbsp. **cornbread mix**.
- In a mixing bowl, combine remaining cornbread mix with ½ cup **water**, **cheese**, and **green portions of green onions** (reserve a pinch for garnish).
- Stir mixture, adding additional water 1 Tbsp. at a time, until fully combined and a thick, spreadable batter forms. Set aside.



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### Start the Filling

- Heat a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken, carrot, red bell pepper, seasoning blend, jalapeño** (to taste), **onion, white portions of green onions**, and ¼ tsp. **salt** to hot pan.
- Stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 7-8 minutes.



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### Finish the Filling

- Add reserved 2 Tbsp. **cornbread mix** to pan and stir until dissolved.
- Add ¼ cup **water** and bring to a simmer. Once simmering, stir occasionally until slightly thickened, 1-2 minutes.



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### Bake the Pie

- Transfer **filling** to prepared casserole dish. *For best results, use a 1½ or 2-quart casserole dish. You may also use a small cast iron skillet.* Top filling with **cornbread batter**, using a spatula dipped in water or sprayed with cooking spray to smooth top. *Don't worry if cornbread layer is thin.*
- Bake in hot oven until cornbread is golden brown, 20-25 minutes.
- Rest at least 5 minutes to cool slightly and set.
- Plate dish as pictured in front of card, garnishing with **sour cream** and reserved **green portions of green onions**. Bon appétit!