



In your box

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

Customize It Options

- 14 oz. Diced Chicken Thighs
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Ground Turkey

*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: 756, Carbohydrates: 81g, Fat: 26g, Protein: 48g, Sodium: 1580mg.

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: **corn muffin 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**, before beginning Step 3, place a large non-stick pan over medium-high heat and add ground turkey and a pinch of salt and pepper to hot pan. Stir occasionally until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 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°



1

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.



2

Make the Corn Batter

- Set aside 2 Tbsp. **corn muffin mix**.
- In a mixing bowl, combine remaining corn muffin mix, ½ cup **water**, **cheese**, and **green portions of green onions** (reserve a pinch for garnish).
- Stir mixture until fully combined and a thick, spreadable batter forms. If too thick, add additional water, 1 Tbsp. at a time until desired consistency is reached. Set aside.



3

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.



4

Finish the Filling

- Add reserved 2 Tbsp. **corn muffin 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.
- Remove from burner.



5

Bake Pie and Finish Dish

- 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.
- Res baked pie 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!