

GF Friendly

Cajun Pepper Chicken

Fried diced chicken in a spicy flavoursome sauce

This recipe had an interesting, unusual flavour which I couldn't put my finger on. It was, nevertheless, very tasty and not what we'd call spicy hot. You can add your own preferred spices, of course.

- 300g chicken breast fillet
- ½ onion
- ½ red capsicum
- ½ green capsicum
- 1 tsp minced garlic
- 1 tsp paprika
- 1 tsp garam masala
- 1 **level** tsp Cajun spice
- ½ tsp turmeric
- 1 Tbsp light-tasting olive oil
- 2 tpsps chicken stock powder
- ½ can (200g) condensed chicken soup
- ¼ cup milk



Trim any fat from the chicken and cut into 2cm (¾ inch) cubes. Coarsely chop the onion and cut the capsicum into narrow strips.

Warm the spices and garlic in a pan, then add the chicken and stir-fry on medium for 5 minutes. Put in the onion and continue cooking a further 3 minutes before adding the capsicum. Keep this turning over for 5 minutes.

Now sprinkle on the stock powder and combine well. Finally pop in the condensed soup and milk and stir well. When it reaches boiling point, turn down to simmer and cook uncovered until it reduces to a thick soup consistency. This can then be covered with the heat turned off to be re-heated later just before serving.

Serves 4 with rice and vegetables

will be okay to freeze

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