

MARLEY SPOON



Cajun Chicken Tchoupitoulas

with Sautéed Spinach & Corn Fritters



35min



2 Servings

Like New Orleans itself, this classic Louisiana dish is full of flavor. Chicken Tchoupitoulas is comfort on a plate featuring tender chicken breasts coated in a Cajun-spiced hollandaise sauce, garlicky spinach, and fried hushpuppies. That's right, homemade hushpuppies! We add sweet corn kernels to these savory cornmeal fritters and pan-fry them until golden. We guarantee the good times will roll with this impressive meal!

What we send

- ¼ oz fresh parsley
- 2 (2½ oz) cornbread mix ^{2,3,4,1}
- 2½ oz corn
- 5 oz baby spinach
- 12 oz pkg boneless, skinless chicken breasts
- 3 oz hollandaise sauce ^{2,5,3}
- ¼ oz Cajun seasoning

What you need

- ¼ c all-purpose flour ¹
- sugar
- kosher salt & ground pepper
- 1 large egg white (save yolk for own use) ²
- neutral oil
- garlic

Tools

- medium skillet
- large skillet
- microwave

Cooking tip

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Be careful, oil may splatter while frying!

Allergens

Wheat (1), Egg (2), Milk (3), Soy (4), Fish (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 46g, Carbs 83g, Protein 50g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely chop **parsley leaves and stems**.

In a medium bowl, combine **½ cup plus 2 tablespoons cornbread mix**, **¼ cup flour**, **1½ tablespoons sugar**, and **½ teaspoon salt**. Stir in **1 egg white**, and **¼ cup water**; stir until smooth. Add **corn to batter** and stir until just incorporated.



4. Fry corn fritters

Heat **¼-inch oil** in a large skillet over medium-high. Once oil is shimmering, reduce heat to medium. Working in batches as needed, gently drop tablespoonfuls of the **corn fritter batter** into oil. Cook until golden and cooked through, about 2 minutes per side. Transfer to a paper towel-lined plate; sprinkle with **salt**. Adjust heat as needed to keep fritters from browning too quickly.



2. Cook spinach

In a medium skillet, heat **2 teaspoons oil** over medium. Add **garlic** and cook, stirring, until fragrant, about 30 seconds. Stir in **spinach** until just starting to wilt, about 1 minute. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm until ready to serve. Wipe out skillet.



5. Make sauce

In a small microwave-safe bowl, microwave **hollandaise sauce** until warm, about 1 minute. (Alternatively, heat hollandaise sauce in a small saucepan over medium heat until warm, 1–3 minutes). Stir in **half of the parsley** and **½ teaspoon Cajun seasoning**. Season to taste with **salt, pepper**, and more Cajun seasoning, if desired.



3. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 3–4 minutes per side.



6. Finish & serve

Slice **chicken**, if desired, and spoon **hollandaise sauce** over top. Serve **spinach** and **corn fritters** alongside. Garnish **chicken** with **remaining parsley**. Enjoy!