

# 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

- garlic
- ¼ oz fresh parsley
- 5 oz cornbread mix <sup>2,3,4,1</sup>
- 2½ oz corn
- 5 oz baby spinach
- 12 oz pkg boneless, skinless chicken breasts
- 3 oz hollandaise sauce <sup>2,5,3</sup>
- ¼ oz Cajun seasoning

## What you need

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

## 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 840kcal, Fat 46g, Carbs 60g, Protein 48g



### 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!