

## **Cajun Rubbed Chicken with Potato Mash (serving 10pax)**

### **Secondary School (per serving)**

150gm Mash Potato  
70gm Skinless Grilled Chicken  
50gm Carrots & Peas

### **Primary School (per serving)**

75gm Mash Potato  
70gm Skinless Grilled Chicken  
50gm Carrots & Peas

### **Ingredient (For Chicken)**

1.2kg Skinless Chicken Boneless Thigh  
5gm Parika  
5gm Garlic Powder  
5gm Dried Rosemary  
Pinch of Fine Salt  
3gm Black Pepper  
10gm Lemon Juice  
5gm Cooking Oil

### **Ingredient (For Mash Potato)**

800gm Potato – scrub, washed and peeled and mashed in a bowl, add egg and mix  
1.5 Tablespoon Mince Garlic  
Pinch of Fine Salt  
1 Egg Yolk  
1.5 Tablespoon Water  
600gm Green Pea – boiled and drained  
400gm Carrot – boiled and drained

### **Method**

- 1) Cut chicken to required weight and put in bowl
- 2) Add paprika, garlic powder, rosemary, salt, black pepper lemon juice, cooking oil
- 3) Mix well and transfer to tray and bake at 200Deg Cel. For 15min
- 4) Heat up pan and add cooking oil and garlic
- 5) Add browned garlic into mash potato bowl and mix well
- 6) Serve with Green Pea and Carrot