



READY TO COOK
BY HARRIS FARM

CAJUN SPICED CHICKEN PINCHOS WITH PLANTAIN CHIPS



PREP
15 min



COOK
20 min



SERVES
4

INGREDIENTS:

- > 800g-1.2kg Chicken Thighs
- > 2 Tbsp Cajun Spice Mix
- > 2 Plantain Bananas
- > ½ Coriander Bunch
- > 150g Roast Capsicum Pesto

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Dry Oregano
- > Olive Oil
- > Salt and Pepper
- > Deep Frying Oil
- > Skewers (Bamboo or Metal)

METHOD – GET COOKING!



1 Preheat the BBQ on high. Wash and finely chop coriander leaves, reserving a few leaves for garnish. Set aside.

2 Dice the chicken thighs into small pieces and place in bowl. Add the Cajun spice mix, oregano, chopped coriander, salt, pepper and olive oil. Mix well. Stack a few pieces of chicken onto each skewer. Repeat for all pieces then set aside.

3 Preheat a deep fryer to 180°C or a large pot with vegetable oil on medium high heat. Remove the green skin from the plantains using a peeler or paring knife. Use the peeler to slice the plantain into long thin slices. Set aside.

Deep fry in small batches for 5 minutes or until golden and crispy. Remove from the oil and place on a plate with paper towel. Season with salt.

4 Grill the chicken skewers for approximately 3 minutes each side until charred and cooked through.

Serve chicken skewers with capsicum pesto and plantain chips. Garnish with reserved coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au