



One Pan Cajun-Spiced Chicken with Sweet Potato

2 servings

30 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cut into cubes)
- 1/2 head Cauliflower (small, cut into florets)
- 2 tsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 227 grams Chicken Breast
- 3/4 tsp Cajun Seasoning

Nutrition

Amount per serving	
Calories	324
Fat	8g
Carbs	33g
Fiber	7g
Sugar	8g
Protein	30g
Cholesterol	82mg
Sodium	587mg
Vitamin A	18477IU
Vitamin C	74mg
Calcium	77mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and cauliflower on the baking sheet. Drizzle with 3/4 of the oil and season generously with salt and pepper. Toss to evenly coat the vegetables. Make space for the chicken in the center of the baking sheet. Cover the chicken with the remaining oil and season with cajun seasoning, salt, and pepper.
- 3 Bake for about 30 minutes, flipping the vegetables halfway, or until the chicken is cooked through and the vegetables are tender. Season with additional salt and pepper if necessary.
- 4 To serve, divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder. For sweeter chicken, add some coconut sugar or cane sugar to the cajun seasoning.

No Chicken Breast: Use chicken thighs instead.