



Dinner
DONE
WITH **MANU**

BUFFALO CHICKEN WING DINGS WITH CAJUN RICE

Why order food online when you can whip up a delicious and healthy meal with our Buffalo Chicken Wing Dings in no time!

SERVES 4

PREP: 25 MINS

COOK: 30 MINS

WHAT YOU NEED INGREDIENTS

- 1kg packet frozen Ingham's Chicken Wing Dings Buffalo
- Aioli and lime wedges, to serve
- Fresh coriander sprigs, to garnish

Cajun Rice

- 2 corn cobs, husks removed
- 2 tablespoons olive oil
- 1 large leek, halved, washed, thinly sliced
- 1 red capsicum, diced
- 30g butter
- 2 cloves garlic, crushed
- 1 tablespoon Cajun spice blend
- 2 teaspoons smoked paprika
- 300g (1½ cups) basmati rice
- 3 cups (750ml) chicken stock
- 3 green spring onions, thinly sliced



INGHAM'S
Always Good



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HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced).
2. Cook Ingham's Chicken Wing Dings according to oven directions on packet.
3. To make Cajun rice, cut kernels from corn cobs.
4. Heat oil in a large, deep-frying pan over medium heat. Add leek, capsicum, corn and butter. Cook, stirring occasionally, for about 5 to 6 minutes, until softened. Add garlic, Cajun spice blend and paprika and cook, stirring for a further 1-2 minutes, or until fragrant. Add rice and cook, stirring for 1 minute. Season with salt and pepper.
5. Add stock to pan and bring to boil. Reduce heat to medium-low and cover with lid. Cook for about 12 to 14 minutes, until liquid is absorbed and rice is tender. Remove pan from heat. Stand covered for 5 minutes. Stir in spring onion.
6. Serve chicken with rice, aioli and lime wedges. Scatter with coriander sprigs.

SWITCH IT UP...

- Cajun spice blend has a kick of heat. If you don't like spice, reduce to taste or you can replace with Moroccan seasoning.
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