



UCCOOK

Paprika Chicken & Rice

with coriander & peas

Focusing all your seasoning efforts on a plate's protein isn't always the answer. In this recipe, the chicken is simply pan-roasted with a knob of butter until golden. The spice magic happens with the sweet caramelised onions, infused with garlic & paprika, then coated in a creamy mustard sauce. Served with pea-dotted basmati rice.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Suné van Zyl

Simple & Save

Strandveld | First Sighting Rosé

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Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
150g	Peas
8g	Fresh Coriander <i>rinse, pick & finely chop</i>
3	Free-range Chicken Breasts
2	Onions <i>peel & finely slice</i>
2	Garlic Cloves <i>peel & grate</i>
15ml	Smoked Paprika
150ml	Creamy Mustard <i>(30ml Dijon Mustard & 120ml Sour Cream)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. LOADED RICE Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, add the peas, and set aside to steam, 8-10 minutes. Fluff with a fork and add ½ the chopped coriander. Cover and set aside.

2. BUTTER-BASTED CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SWEET PAPRIKA ONIONS Return the pan, wiped down, to medium-low heat with a drizzle of oil or a knob of butter. When hot, fry the sliced onion until caramelised, 6-8 minutes (shifting occasionally). Add the grated garlic and the paprika. Fry until fragrant, 1 minute. Remove the pan from the heat and add the creamy mustard, a sweetener (to taste), and seasoning. Loosen with a splash of water until saucy consistency.

4. INDULGE Plate up the fluffy rice. Top with the browned chicken and the creamy paprika onions. Garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	637kJ
Energy	152kcal
Protein	11.4g
Carbs	19g
of which sugars	2.1g
Fibre	2.1g
Fat	3.7g
of which saturated	1.3g
Sodium	60mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days