



# UCOOK

## Paprika Creamy Chicken

with butter bean & pea mash

If you think this is an ordinary chicken dinner, you are wrong, Chef! Next to a creamy serving of butter bean & pea mash comes creamy paprika chicken offering layers of flavours: NOMU Spanish Rub spices, paprika, fried cabbage & onion, all cooked in a creamy tomato sauce. Finished with toasted seeds and fresh basil.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Hellen Mwanza

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 Carb Conscious

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 Waterkloof | False Bay Chenin Blanc

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## Ingredients & Prep

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40g	Pumpkin Seeds
600g	Free-range Chicken Mini Fillets
2	Onions <i>peeled &amp; finely sliced</i>
400g	Cabbage <i>rinsed &amp; thinly sliced</i>
60ml	Tomato Paste
40ml	Rub & Paprika <i>(30ml NOMU Spanish Rub &amp; 10ml Smoked Paprika)</i>
1	Fresh Cream
480g	Butter Beans <i>drained &amp; rinsed</i>
200g	Peas
10g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Blender  
Paper Towel  
Butter (optional)

**1. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. GOLDEN CHICKEN** Return the pan to high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**3. CREAMY CHICKEN** Return the pan to medium heat with all the pan juices and a drizzle of oil if necessary. When hot, fry the sliced onions until soft, 4-5 minutes. Add the sliced cabbage, the tomato paste, and the rub & paprika, and fry until slightly wilted and fragrant, 2-3 minutes. Mix in the chicken and  $\frac{3}{4}$  of the cream. Simmer until slightly thickening and the chicken is cooked through, 3-4 minutes. Remove from the heat and season.

**4. MASH** Place a pot over medium-high heat with the rinsed beans, the peas, and 160ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter (optional) and the remaining cream. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover.

**5. TIME TO EAT** Plate up the mash, serve alongside the creamy paprika chicken, and sprinkle over the pumpkin seeds. Garnish with the rinsed basil. Well done, Chef!

## Nutritional Information

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Per 100g

Energy	529kJ
Energy	126kcal
Protein	7.9g
Carbs	8g
of which sugars	2.5g
Fibre	2.4g
Fat	6.9g
of which saturated	3.8g
Sodium	143mg

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## Allergens

Dairy, Allium

Cook  
within 3  
Days