



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Simple & Save

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## Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
200g	Peas
10g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
4	Free-range Chicken Breasts
2	Onions <i>peel &amp; finely slice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
20ml	Smoked Paprika
200ml	Creamy Mustard <i>(40ml Dijon Mustard &amp; 160ml 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 600ml 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