



UCCOOK

Paprika Chicken & Rice

with coriander & peas

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	2780kJ
Energy	135kcal	665kcal
Protein	9.8g	48.2g
Carbs	17g	84g
of which sugars	2.4g	11.8g
Fibre	1.8g	9g
Fat	3.1g	15.1g
of which saturated	1.1g	5.3g
Sodium	53mg	260mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
150g	200g	Peas
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>
3	4	Free-range Chicken Breasts
2	2	Onions <i>peel & finely slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Smoked Paprika
150ml	200ml	Creamy Mustard <i>(30ml [40ml] Dijon Mustard & 120ml [160ml] Sour Cream)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. LOADED RICE Place the rice in a pot with 450ml [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 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 ONION Return the pan, wiped down, to medium-low heat with a drizzle of oil or a knob of butter. When hot, fry the onion until caramelised, 6-8 minutes (shifting occasionally). Add the 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.