



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.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Carb Conscious

 Waterkloof | False Bay Chenin Blanc

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Ingredients & Prep

10g	Pumpkin Seeds
150g	Free-range Chicken Mini Fillets
1	Onion <i>½ peeled & finely sliced</i>
100g	Cabbage <i>rinsed & thinly sliced</i>
15ml	Tomato Paste
10ml	Rub & Paprika <i>(7,5ml NOMU Spanish Rub & 2,5ml Smoked Paprika)</i>
1	Fresh Cream
120g	Butter Beans <i>drained & rinsed</i>
50g	Peas
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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. 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, 3-4 minutes. Add the sliced cabbage, the tomato paste, and the rub & paprika, and fry until slightly wilted and fragrant, 1-2 minutes. Mix in the chicken and $\frac{3}{4}$ of the cream. Simmer until slightly thickening and the chicken is cooked through, 2-3 minutes. Remove from the heat and season.

4. MASH Place a pot over medium-high heat with the rinsed beans, the peas, and 40ml 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

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

Allergens

Dairy, Allium

Cook
within 3
Days