



Paprika Chicken and Cherry Tomatoes

with green peas and rice

Family Quick Cook 20-25 mins

19



Chicken Breast



Rice



Chicken Stock



Paprika



Cherry Tomatoes



Peas



Aioli



Sweet Chilli Sauce

Pantry Items: Oil, Salt, Pepper, Water, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Rice	150 g	300 g
Chicken Stock	1 sachet	2 sachets
Paprika	2 sachets	4 sachets
Cherry Tomatoes	125 g	250 g
Peas	120 g	240 g
Aioli	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	396.5 g	100 g
Energy (kJ/kcal)	2782.4 kJ/ 665 kcal	701.7 kJ/ 167.7 kcal
Fat (g)	21.5 g	5.4 g
Sat. Fat (g)	2.8 g	0.7 g
Carbohydrate (g)	72.6 g	18.3 g
Sugars (g)	10.9 g	2.7 g
Protein (g)	44.6 g	11.2 g
Salt (g)	2.7 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

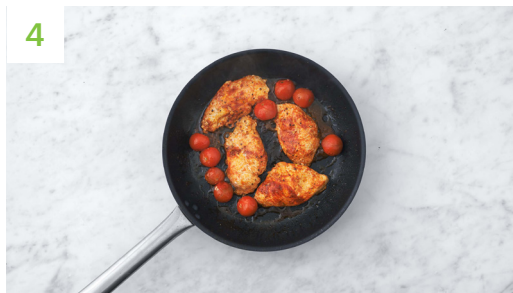


You can recycle me!



Boil the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **chicken stock powder** and **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Tomatoes

- Once the **chicken** has browned, add the **cherry tomatoes** to the pan.
- Fry until **chicken** is cooked through and **tomatoes** are softened, 5-6 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Coat the Chicken

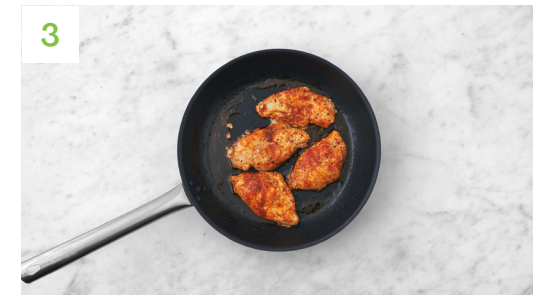
- Meanwhile, place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin **steaks**.
- Toss the **chicken** with **paprika, salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. It will still taste delicious once cooked!



Finishing Touches

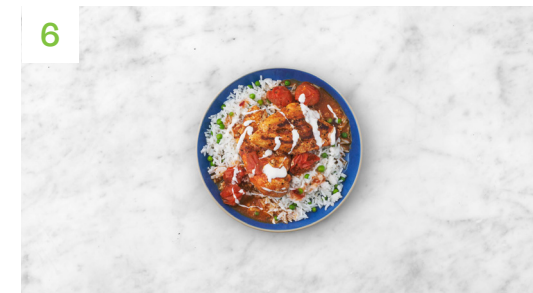
- When the **tomatoes** have softened, use the back of a spoon to carefully burst the **tomatoes** and release the juices.
- Stir a knob of **butter** into the pan to form a buttery **tomato sauce**.
- Season to taste with **salt** and **pepper**.
- Fluff up the **rice** with a fork and stir through the **peas**.



Brown the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken steaks** and season with **salt** and **pepper**.
- Fry until browned, 2-3 mins on each side.

TIP: Cook in batches if your pan is getting crowded.



Dish Up

- Divide the **peas** and **rice** between bowls.
- Top with the fried **chicken steaks** and buttery **tomatoes**.
- Drizzle with **aioli** and **sweet chilli sauce**.

Enjoy!