



Sweet Paprika Chicken & Rice

with Creamy Parsley Sauce

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Lemon



Zucchini



Green Beans



Parsley



Basmati Rice



Chicken Breast



Sweet Paprika



Light Thickened Cream



Chicken Stock



Hands-on: **30 mins**
Ready in: **35 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

Mild, sweet paprika not only turns this creamy parsley sauce a gorgeous shade of red, but it also adds an unmistakable layer of flavour to this chicken dinner. Basmati rice is perfect for mopping up the addictive sauce, with a few green veggies thrown in to make an extra-hearty meal.

Pantry items

Olive Oil

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan ·
Medium frying pan

Ingredients

	4 People
olive oil*	refer to method
brown onion	1
garlic	2 cloves
lemon	1
zucchini	2
green beans	1 bag (200g)
parsley	1 bag
water*	3 cups
basmati rice	2 packets
chicken breast	1 packet
sweet paprika	3 sachets
light thickened cream	2 packets (300ml)
chicken stock	2 cubes

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3100kJ (741Cal)	547kJ (131Cal)
Protein (g)	48.8g	8.6g
Fat, total (g)	27.6g	4.9g
- saturated (g)	13.7g	2.4g
Carbohydrate (g)	71.1g	12.5g
- sugars (g)	8.7g	1.5g
Sodium (g)	159mg	28mg

Allergens

For allergens and ingredient information, visit
[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Get prepped

Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** in half. Thinly slice the **zucchini** into half-moons. Trim and halve the **green beans**. Finely chop the **parsley leaves**.



2. Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



3. Brown the chicken

While the rice is cooking, add the **chicken breast**, **1 sachet of sweet paprika**, a **pinch of salt** and **pepper** and a **drizzle of olive oil** to a medium bowl. Toss to coat. Heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add the **chicken** and cook until lightly browned, **2 minutes** each side. Transfer to a plate (the chicken will finish cooking in step 5).



4. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **garlic** and cook, stirring, until softened, **5-6 minutes**. Add the **remaining sweet paprika** and cook until fragrant, **1 minute**. Reduce the heat to medium-low and add a **generous squeeze of lemon juice** and the **light thickened cream**. Crumble in the **chicken stock** cubes and add a **pinch of pepper**. Stir to combine. Slice the remaining **lemon** into wedges.

TIP: Scrape up any meaty bits from the bottom of the pan, they add great flavour to the sauce!



5. Finish the chicken & veggies

Return the **chicken** and any **resting juices** to the pan and cover with a lid or foil. Simmer until the chicken is cooked through and sauce is slightly thickened, **12-13 minutes**. Season with **salt** and **pepper** and stir through **1/2 the parsley**. While the chicken is cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **zucchini** and **green beans**, then a **splash of water** and cook until tender, **5 minutes**. Season with a **pinch of salt** and **pepper**.



6. Serve up

Thickly slice the chicken. Divide the rice between plates and top with the zucchini, green beans and paprika chicken. Drizzle with the creamy parsley sauce remaining in the pan. Sprinkle with the remaining parsley and serve with the lemon wedges.

Enjoy!