



# Oven-Baked Glazed Paprika Chicken with Roasted Pepper and Spiced Rice

Make Kid Friendly 30-35 Minutes • Mild Spice • 1 of your 5 a day

1



Onion



Garlic Clove



Smoked Paprika



Skin-On  
Chicken Breasts



Bell Pepper



Mexican Style  
Spice Mix



Basmati Rice



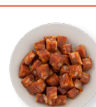
Chicken Stock  
Paste



Red Pepper  
Chilli Jelly



Sun-Dried  
Tomato Paste



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Aluminium foil, saucepan, garlic press, bowl, baking tray, lid, frying pan and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	4	6	8
Smoked Paprika	1 sachet	1 sachet	2 sachets
Skin-On Chicken Breasts**	2	3	4
Bell Pepper ***	1	2	2
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Red Pepper Chilli Jelly	37g	50g	50g
Sun-Dried Tomato Paste	25g	50g	50g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\* Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	599g	100g	644g	100g
Energy (kJ/kcal)	3207 /766	535 /128	4035 /964	626 /150
Fat (g)	27.5	4.6	43.7	6.8
Sat. Fat (g)	4.6	0.8	10.7	1.7
Carbohydrate (g)	85.4	14.3	86.8	13.5
Sugars (g)	19.1	3.2	19.4	3.0
Protein (g)	47.2	7.9	58.5	9.1
Salt (g)	1.98	0.33	4.56	0.71

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Fry the Onion

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve, peel and thinly slice the **onion**. Put **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion** and cook, stirring occasionally, until softened, 7-8 mins. Add a splash of **water** if it browns too quickly.

## CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan with the **onion**. Fry for the same amount of time, then continue as instructed.



## Traybake Time

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 3-4 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to onto the other side of the **pepper** baking tray, skin-side up.

Roast on the top shelf of your oven until the **peppers** are soft and the **chicken** is cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

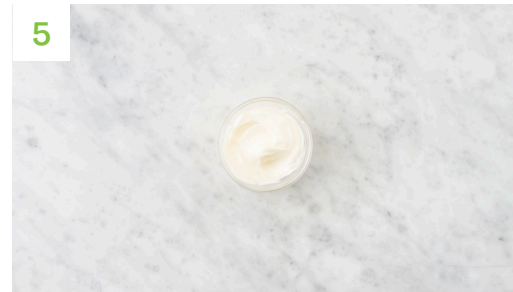


## Marinate your Chicken

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press). In a large bowl, combine the **smoked paprika**, **grated garlic** and **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper**.

Add the **chicken** and turn to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. Set aside for now.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Pop onto one side of a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Place the **garlic parcel** alongside. Set aside.



## Mix the Garlic Mayo

A couple of mins before the **chicken** and **pepper** are cooked, remove the **garlic parcel** from the oven and allow to cool slightly.

Once cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop into a small bowl with the **mayo** and **water for the mayo** (see pantry for both amounts). Season with **salt** and **pepper** and mix to combine.

**Making this kid friendly?** Set aside some plain mayo for little ones.



## Spice up your Rice

Once the **onion** has softened, stir in the **Mexican style spice mix**. Cook for 30 secs, then pour in the **water for the rice** (see pantry for amount).

Stir in the **rice** and **chicken stock paste** and bring to the boil. Once boiling, lower the heat to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

**Making this kid friendly?** Leave out the spice mix to make things milder.



## Finish and Serve

Once the **chicken** is cooked, remove from your oven. Using the back of a spoon, spread over the **red pepper chilli jelly** to glaze it. Leave to rest for a couple of mins.

Fluff up the **rice** with a fork, then stir in the **sun-dried tomato paste**. Taste and season with **salt** and **pepper** if needed, then spoon onto your plates.

Once rested, slice the **chicken** widthways into 2cm thick slices, then lay on top of the **rice** along with the **peppers**.

Spoon over any remaining **juices** from the tray, then drizzle over the **garlic mayo** to finish.

## Enjoy!