



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

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

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-  Bell Pepper
-  Onion
-  Garlic Clove
-  Smoked Paprika
-  Skin-On British Chicken Breasts
-  Mexican Style Spice Mix
-  Basmati Rice
-  Chicken Stock Paste
-  Red Pepper Chilli Jelly
-  Sun-Dried Tomato Paste

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SMEG KITCHENWARE



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**Pantry Items**  
Oil, Salt, Pepper, Olive Oil, Mayonnaise



## 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

Garlic press, saucepan, bowl, lid, frying pan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Skin-On British Chicken Breasts**	2	3	4
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	74g	74g
Sun-Dried Tomato Paste	25g	50g	50g

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

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	587g 3186 /761	100g 543 /130
Fat (g)	27.5	4.7
Sat. Fat (g)	4.6	0.8
Carbohydrate (g)	84.6	14.4
Sugars (g)	19.0	3.2
Protein (g)	46.8	8.0
Salt (g)	1.98	0.34

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, mollusc, 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.

## Contact

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## 1 Fry the Onion

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

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

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.



## 4 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 a large baking tray, skin-side up. Pop the **pepper strips** alongside. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

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



## 2 Marinate your Chicken

Meanwhile, in a large bowl, combine the **smoked paprika**, **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.



## 5 Finishing Touches

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Once the **chicken** is cooked, remove from your oven. Drizzle over the **red pepper chilli jelly** and turn to glaze. 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.

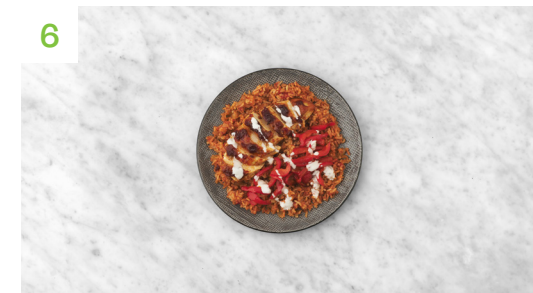


## 3 Spice up your Rice

Once the **onion** has softened, stir in the **Mexican style spice mix** (add less if you'd prefer things milder). 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).



## 6 Serve Up

Once rested, cut the **chicken** widthways into 1cm slices,

Share the **rice** between your plates. Top with the **chicken** and **roasted pepper**.

Spoon over any remaining **juices** from the tray. Drizzle over the **mayo** (see pantry for amount) to finish.

Enjoy!

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