



More Than Food
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Spanish Chicken with Spinach, Brown Rice and Sugar Snap Peas

What makes Spanish Chicken, Spanish? What an exceedingly good question! Well, it's the paprika! Paprika is famously called Pimentón de la Vera because it's traditionally grown in Spain's beautiful Andalusian region of Vera. Just add some lemon, cumin and a few other ingredients and Bob's your uncle! You'll feel like you're sunning yourself in Spain!

30 mins

family box

lactose free

gluten free



Chicken Stock Pot (1)



Brown Basmati Rice (2 cups)



Garlic Clove (2)



Lemon (1)



Ground Cumin (1 tbsp)



Mild Paprika (1 tbsp)



Chicken Thigh (6)



Sugar Snap Peas (2 packs)



Honey (4 tbsp)



Baby Spinach (6 handfuls)

Ingredients

Chicken Stock Pot	1
Brown Basmati Rice	2 cups
Garlic Clove, chopped	2
Lemon	1
Ground Cumin	1 tbsp
Mild Paprika	1 tbsp
Chicken Thigh	6
Sugar Snap Peas	2 packs
Honey	4 tbsp
Baby Spinach	6 handfuls

Nutrition per serving: Calories: 574 kcal | Protein: 51 g | Carbs: 55 g | Fat: 17 g | Saturated Fat: 4 g

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Parsley is a perennial plant which will grow every year once planted. Quite literally the gift that keeps on giving!

2



1 Boil a very large pot of water with your stock pot. Once your stock pot is fully dissolved, take out 360ml of stock and keep to the side for later. Put your rice in a sieve (if you have one) and rinse under cold running water for at least 30 seconds. Cook the rice in the boiling stock for 25 mins. Once the rice is cooked, drain it and put back in the empty pot off the heat.

3



2 Meanwhile, peel and chop your garlic, zest your lemon and squeeze the juice into a separate bowl. **LH:** *In another bowl, mix the chopped garlic, lemon zest, cumin, paprika and a quarter of the lemon juice along with 4 tbsp of oil and stir.* Put your chicken into the bowl and mix it around making sure all the chicken has a good coating. **Tip:** *The best way to do this is to use your hands but do make sure you wash them properly after handling raw meat.*

4



3 Cut the tops and bottoms off the sugar snap peas and pull the stringy bits off the sides. Bring a pot of water to the boil with ½ tsp of salt for later.

5



4 Heat 2 tbsp of oil in a frying pan on medium-high heat and add the chicken. Cook the chicken for 6 mins on each side until it is a lovely brown colour, then take out of the pan and set aside on a board or a plate to rest. Cover with foil to keep warm.

5 Add the rest of the lemon juice to the pan along with the honey. Mix it around and cook for 2 mins until slightly caramelised and sticky. Then add the stock you reserved earlier in step 1. Season with a good pinch of salt and a grind of pepper, stir, bring to a simmer and cook for 5-7 mins, until the sauce has reduced slightly.

6 While the sauce is reducing, add the sugar snap peas to your pot of boiling water and cook for 4 mins, then drain.

7 Once you've drained your rice and put it back in the pot, add your spinach and stir through to wilt it slightly. Cover the pot with a lid until everything else is ready.

8 Cut your chicken into 2cm slices. Serve your spinach and brown rice with your chicken and sauce on top and your sugar snap peas on the side. **Tip:** *The sauce should soak through the rice to make it delicious and saucy.*