



OCT
2016

Creamy Paprika Chicken

with Zucchini and Red Peppers

Our cheater's chicken paprikash is a take on the classic Hungarian dish made with delicious sweet paprika. And the cherry on top? This creamy sauce is made in one pan, which means easy clean up!



Chicken Thighs



Garlic



Zucchini



Chicken Broth Concentrate



Onion



Red Bell Pepper



Basmati Rice



Hungarian Spice Blend



Navy Beans



Sour Cream



Honey

Ingredients

	4 People
Chicken Thighs	2 pkg (680 g)
Onion, thinly sliced	1 pkg (113 g)
Hungarian Spice Blend	1 pkg (2½ tbsp)
Red Bell Pepper	2
Zucchini	1
Chicken Broth Concentrates	2
Cannellini Beans	1 can
Sour Cream	1) 2 pkg (½ cup)
Honey	2 pkg (2 tbsp)
Basmati Rice	1 pkg (1½ cups)
Olive or Canola Oil*	

*Not Included

Allergens

1) Milk/Lait

Tools

Medium Pot, Large Pan, Grater, Medium Bowl, Measuring Cups

Nutrition per person Calories: 703 cal | Fat: 15 g | Protein: 49 g | Carbs: 93 g | Fiber: 10 g | Sodium: 893 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Boil **2½ cups salted water** in a medium pot. Cut the **zucchini** in half lengthwise, then cut into ½-inch-thick half-moons. Core, then slice the **peppers**. Cut the **chicken thighs** into bite-sized pieces. Drain and rinse the **beans**.

2 Cook the rice: Add the **rice** to the boiling water. Reduce the heat to medium-low. Simmer, covered, until the rice is tender and the water has been absorbed, 10-12 min.

3 Cook the chicken and veggies: Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **chicken**. Cook, stirring occasionally, until chicken is golden, 3-4 min. Add the **red peppers** and **zucchini**. Cook, stirring often, until veggies are tender-crisp, 3-4 min.

4 Sprinkle the **spice blend** over the **chicken mixture** and stir to coat. Add **¾ cup water, honey, chicken broth concentrates** and **drained beans**. Reduce the heat to medium-low. Simmer, stirring occasionally, until the zucchini is tender, 2-3 min. Remove the pan from the heat and stir in the **sour cream** until combined.

5 Finish and serve: Spoon the **paprika chicken** over **rice**. Enjoy!

KID-FRIENDLY TIP: Kids not a fan of zucchini? We're cutting them a bit thicker so they're easier to pick out!

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Ruler

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