



PAPRIKA CHICKEN & BROCCOLI

with Roasted Potato & Carrot



Make a creamy paprika sauce



Potato



Carrot



Rustic Herb Spice Blend



Brown Onion



Garlic



Lemon



Broccoli



Parsley



Chicken Breast



Sweet Paprika



Light Thickened Cream



Chicken Stock

Hands-on: **20 mins**
Ready in: **45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

Our paprika chicken is a take on the Hungarian national dish, 'chicken paprikash', and is made with ample amounts of delicious sweet paprika. And the best thing... the creamy sauce is made in the same pan to give you a super flavoursome result and an easy clean up!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **two oven trays** lined with **baking paper** • **large frying pan** with a **lid** (or **foil**) • **medium frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Slice the **carrot** (unpeeled) into 1cm-thick discs. Spread the potato and carrot over two oven trays lined with baking paper. Sprinkle with the **rustic herb spice blend** and the **salt**. Season with a **pinch of pepper**, **drizzle** with **olive oil** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



4 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion, garlic** and **remaining sweet paprika**. Cook until the onion begins to soften, **2-3 minutes**. Reduce the heat to low and add the **light thickened cream** and a **small squeeze of lemon juice**. Crumble in **1 chicken stock cube** and add a **pinch of pepper**. Stir to combine. **TIP:** Scrape up any meaty bits from the bottom of the pan, they add great flavour to the sauce!



2 GET PREPPED

While the veggies are roasting, thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Cut the **lemon** into wedges. Cut the **broccoli** into small florets, then roughly chop the stalk. Finely chop the **parsley**.



5 FINISH THE CHICKEN

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 has thickened slightly, **10-12 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 **broccoli** and cook until tender, **5-6 minutes**. **TIP:** Add a dash of water to speed up the cooking process. Season with a **pinch of salt** and **pepper**.



3 BROWN THE CHICKEN

In a medium bowl, season the **chicken breast** with **1/2 the sweet paprika** and a **pinch of salt** and **pepper**. **Drizzle** with **olive oil** and toss to coat. In a large frying pan, heat a **drizzle of olive oil** 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 and set aside (the chicken will finish cooking in step 5).



6 SERVE UP

Divide the roast veggies, broccoli and paprika chicken between plates. Sprinkle with the remaining parsley and spoon over any sauce remaining in the pan. Serve with the remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	3
rustic herb spice blend	1 sachet
salt*	¼ tsp
brown onion	1
garlic	2 cloves
lemon	1
broccoli	1 head
parsley	1 bag
chicken breast	1 packet
sweet paprika	1 sachet
light thickened cream	1 packet (150g)
chicken stock	1 cube

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (534Cal)	342kJ (82Cal)
Protein (g)	48.6g	7.4g
Fat, total (g)	18.7g	2.9g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	37.7g	5.8g
- sugars (g)	10.8g	1.7g
Sodium (g)	320mg	49mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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