

for the
little onesVeggie
SticksRice, Sauce &
Chicken

CREAMY MUSTARD CHICKEN

Creamy mustard chicken with mushrooms served on a bed of fluffy rice with crunchy veggie sticks on the side.



25 Minutes



2 Servings



Chicken

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FROM YOUR BOX

BASMATI RICE	150g
CARROT	1
LEBANESE CUCUMBER	1
BROWN ONION	1
CHICKEN STIR-FRY STRIPS	300g
TOMATO	1
SLICED MUSHROOMS	1 punnet
DIJON MUSTARD	1 small jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked or ground paprika, cornflour

COOKING TOOLS

saucepan, frypan

If your kids don't like mushrooms, you can pan-fry them until golden and serve as a topping instead.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to medium-low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



2. CUT THE VEGGIES STICKS

Cut **carrot** and **cucumber** into veggie sticks. Set aside for serving.

tip Blanch the carrot if you prefer!



3. COOK THE CHICKEN

Peel and dice **onion**.

Heat a frypan with **oil** over medium-high heat. Add **onion** and **chicken strips**. Cook for 5-7 minutes, season with **salt and pepper**.



4. ADD THE VEGETABLES

Finely dice **tomato** and add to pan with sliced **mushrooms**. Cook for 5 minutes. Season with **dijon mustard** and **2 tsp paprika**.

tip You can use either ground or smoked paprika for this recipe.



5. STIR IN SOUR CREAM

Mix **1 tbsp cornflour** with **1 cup water**.

Pour the mixture into the pan and simmer, while stirring, until thickened. Add **sour cream**, combine well and warm through. Take off heat.



6. FINISH AND SERVE

Adjust seasoning to taste with **salt and pepper**. Serve **mustard chicken** over **rice** with a side of **veggie sticks**.