



Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



Baked Paprika Chicken with Potatoes

Bone-in chicken chops, rubbed in a custom blend paprika herb mix, baked with veggies and potatoes, finished with sour cream and fresh parsley and served with broccoli.



30 minutes



2 servings



Chicken

Switch it up!

Fussy eaters? Separate the elements in this dish by cutting carrots into sticks and boiling with the broccoli. Serve potatoes, broccoli, carrot and chicken separated on a plate for a better chance at enticing fussy eaters.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	59g	74g	54g

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN CHOPS	500g
PAPRIKA HERB MIX	1 packet
CARROT	1
BROWN ONION	1
LEMON	1
BROCCOLI	1
SOUR CREAM	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large oven-proof frypan, saucepan

NOTES

Boil kettle and cover with hot water to speed up the process.

Instead of cooking and serving broccoli separate, you can add to the bake to cook with the other vegetables.

Paprika herb mix: ground paprika, garlic powder, onion powder, dried thyme, sea salt, cracked black pepper



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1. BOIL THE POTATOES

Set oven to 220°C.

Chop potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10-15 minutes until tender. Drain potatoes and reserve saucepan for step 4.



2. BROWN THE CHICKEN

Slash chicken in 3-4 places and coat with **oil** and paprika herb mix. Heat a large oven-proof frypan over medium-high heat with **oil**. Add chicken and cook for 2 minutes each side until browned. Remove chicken and remove pan from heat.



3. ADD VEGGIES AND BAKE

Dice carrot and onion. Zest lemon (wedge remaining). Add to frypan along with drained potatoes (see notes) and **3/4 cup water**. Stir to combine. Return chicken to pan. Bake for 20 minutes until vegetables are tender and chicken is cooked through.



4. BOIL THE BROCCOLI

Heat reserved saucepan over medium-high heat. Chop broccoli into florets and add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



5. ADD THE SOUR CREAM

Remove chicken bake from oven. Remove chicken. Add sour cream to pan and stir to combine. Season to taste with **salt and pepper**. Return chicken to pan.



6. FINISH AND SERVE

Finely chop parsley (including tender stems).

Garnish chicken bake with parsley and serve tableside with lemon wedges and broccoli.

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