



Product Spotlight: Lemon

When zesting lemons, only remove the brightly coloured peel. Avoid the white part, or pith, as this is quite bitter.



Spanish Chicken and Rice

Chicken schnitzels cooked until golden, served with a paella style rice with green beans and capsicum. All finished with a drizzle of lemon aioli and sprinkle of sliced chives.



25 minutes



2 servings



Chicken

Add extra veggies!

This dish is great for adding extra veggies! You can add corn or peas from the freezer to the rice! Sliced mushrooms also work well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	64g	95g

FROM YOUR BOX

BASMATI RICE	150g
LEMON	1
AIOLI	100g
CHICKEN SCHNITZELS	300g
GREEN BEANS	150g
RED CAPSICUM	1
TOMATO	1
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

You can use the rice tub to measure the water for cooking in step 1. Simply fill 1 1/2 x tub of water to get the amount needed.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water** (see notes). Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE AIOLI

Zest 1/2 lemon and set zest aside for step 3.

Combine **aioli** with 1/2 tbsp lemon juice (wedge remaining).



3. COOK THE CHICKEN

Coat **chicken** with lemon zest, **1/2 tsp smoked paprika**, **oil**, **salt** and **pepper**. Cook in a frypan over medium-high heat for 4–5 minutes each side or until cooked through. Set aside and keep warm.



4. SAUTÉ THE VEGETABLES

Wipe out pan and add **1 tbsp olive oil**. Trim and halve **beans**. Slice **capsicum** and dice **tomato**. Add to pan as you go along with **1 tsp turmeric** and **2 tsp smoked paprika**. Cook for 5 minutes.



5. TOSS THE RICE

Slice **chives**. Add 1/2 chives to pan and toss with cooked rice until well combined. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Divide rice and chicken among plates. Finish with aioli drizzle, a sprinkle of chives and serve with a lemon wedge.



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