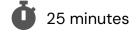






# Spanish Chicken and Rice

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.





4 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

87g

#### **FROM YOUR BOX**

BASMATI RICE	300g
LEMON	1
AIOLI	100g
CHICKEN SCHNITZELS	600g
GREEN BEANS	150g
RED CAPSICUM	1
TOMATOES	2
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 **600ml 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 **lemon** and set zest aside for step 3.

Combine **aioli** with <u>juice from 1/2 lemon</u> (wedge remaining).



#### 3. COOK THE CHICKEN

Coat chicken with lemon zest, 1 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 2 tbsp olive oil. Trim and halve beans. Slice capsicum and dice tomatoes. Add to pan as you go along with 2 tsp turmeric and 1 tbsp smoked paprika. Cook for 5 minutes.



### **5. TOSS THE RICE**

Slice **chives**. Add <u>1/2 chives</u> 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.

