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Paprikás Csirke AKA Creamy Paprika Chicken

We get a lot of helpful feedback from all our lovely customers and one thing we've noticed recently is a lot of requests for hungarian dishes! Your wish is our command... We present to you the HelloFresh version of 'Paprikás Csirke' - the classic hungarian dish made with delicious sweet paprika. Keep the suggestions coming!



30 mins



Onion (1)



Garlic Clove (2)



Red Pepper (1)



Courgette (1)



Chicken Thigh (3)



Basmati Rice
(1 cup)



Flour (2 tbsp)



Paprika (1 tbsp)



Chicken Stock
Pot (½)



Organic Butter
Beans (1 tin)



Sour Cream
(1 pot)



Soy Sauce
(1 tbsp)



Honey (1 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, sliced	1	
Garlic Clove, chopped	2	
Red Pepper, sliced	1	
Courgette, sliced	1	
Chicken Thigh	3	
Basmati Rice	1 cup	
Flour	2 tbsp	Gluten
Paprika	1 tbsp	
Chicken Stock Pot	½	
Organic Butter Beans	1 tin	
Sour Cream	1 pot	Milk
Soy Sauce	1 tbsp	Gluten, Soya
Honey	1 tbsp	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

A Hungarian scientist won a Nobel Prize for research on the vitamin content of paprika. Pound for pound, it has a higher content of Vitamin C than citrus fruit!

Nutrition per serving: Calories: 891 kcal | Protein: 65 g | Carbs: 96 g | Fat: 25 g | Saturated Fat: 10 g

1



1 Pre-heat your oven to 180 degrees. Cut your onion in half through the root, peel and slice it finely into half moon shapes. Peel and chop your garlic. Remove the core from the pepper and cut into slices about 1cm wide. Slice your courgette in half lengthways and then slice into half moon shapes about 1½cm thick. Chop each of your chicken thighs into four pieces.

3



2 Bring 350ml of water to the boil with ¼ tsp of salt (in preparation for your rice).

6



3 Add 1 tbsp of oil to a frying pan on medium heat and throw in your onion, cook for 5 mins before adding your garlic and cooking for a further minute. Add your chicken to the pan and fry it with the onion for 4 mins, stirring occasionally until slightly browned.

7



4 In the meantime, add your pepper and courgette to a baking tray with 1 tbsp of oil, ¼ tsp of salt and a good grind of pepper and put in the oven to cook for 20 mins, until slightly crispy.

5 While your veggies are roasting, add your rice to your boiling water, put the lid on and cook for 10 mins, before taking off the heat and leaving to rest for another 10 mins.

Tip: Don't peek under the lid for the whole 20 mins.

6 When the chicken has been browned, add your flour and paprika to the pan and cook for 2 mins. Add 350ml of water to the pan along with your stock pot and bring to a boil. Then reduce the heat, put your lid on your pan and cook for 7 mins. After 7 mins, drain and rinse your butter beans, add them to the pan and cook for a further 7 mins uncovered.

7 When the chicken has been cooking for 15 mins, add your sour cream, soy sauce and honey and stir. Simmer for 2 mins and then serve on your rice with your peppers on top. Enjoy!