






Cooking Made Easy

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Sticky Spanish Chicken with Parsley Rice and Peas

Chicken thighs are the most succulent part of the chicken and are delicious in this dish. We've jazzed up the rice with some onion, garlic, coriander and peas which is the perfect accompaniment to this spicy sticky chicken. It's so quick and easy you will be amazed at the taste sensation you can produce in such a short period of time!



35 min



family box



lactose free



gluten free



Red Onion (2)



Garlic Clove (4)



Lemon (2)



Chicken Thighs (8)



Mild Paprika (2 tsp)



Ground Cumin (2 tsp)



Basmati Rice (2 cups)



Peas (2 cups)



Honey (2 tbsp)



Flat Leaf Parsley (5 tbsp)

Ingredients

	2P	4P
Red Onion, chopped	-	2
Garlic Clove, chopped	-	4
Lemon	-	2
Chicken Thighs	-	8
Mild Paprika	-	2 tsp
Ground Cumin	-	2 tsp
Basmati Rice	-	2 cups
Peas	-	2 cups
Honey	-	2 tbsp
Flat Leaf Parsley, chopped	-	5 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

N/A

Nutrition per serving: Calories: 605 kcal | Protein: 40 g | Carbs: 100 g | Fat: 7 g | Saturated Fat: 2 g



1 Peel and chop the onions into 1cm pieces. Peel and finely chop the garlic. Grate the zest of the lemons into a bowl and squeeze the juice in to the jug too, set this aside for later.



2 Put the chicken in a bowl with the paprika, cumin, half the garlic, a third of the lemon juice/zest mixture and 2 tbsp olive oil. Mix it around making sure all the chicken gets a good coating. **Tip:** *The best way to do this is to use your hands but do make sure you wash them properly after handling raw meat.*



3 Heat 1 tbsp olive oil in a saucepan over a medium heat. Add the onion and remaining garlic along with some salt and pepper and cook for 5 mins or until the onion is soft. Add the rice and another pinch of salt, mix well and then add 700ml of water to the pan. Bring to the boil, stirring to make sure it doesn't all stick together. Once the rice has come to the boil, turn down to a low heat, cover and leave to simmer for 10 mins. Once the 10 mins is up turn off the heat and let it sit for a further 10 mins - don't peek under the lid until the 20 mins are up!

4 While the rice is cooking, start on the chicken! Heat 1 tbsp oil in a medium hot frying pan and add the chicken. Cook the chicken for 4 mins on each side until it is a lovely brown colour. While the chicken is cooking, boil a small pan of water with ½ tsp salt and add the peas. Boil for 1½ mins, drain and set these aside for later.



5 Turn the chicken over again, cover the pan with a lid and turn the heat to low. Cook for a further 5 mins. Once the chicken is cooked, take the lid off, add the honey, half the remaining lemon juice/zest and 100ml water. Season with a good pinch of salt and a grind of pepper and cook for another 1-2 mins until you have a lovely sticky sauce.

6 Roughly chop your parsley and set aside a little for garnish. When the rice is ready fluff it up with a fork, add the parsley, peas, remaining lemon juice/zest and stir it all together.

7 Slice the chicken to about 1½ cm thick and serve the rice topped with the chicken, sticky sauce and any leftover parsley. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!