



# Oven-Baked Glazed Paprika Chicken with Roasted Pepper and Spiced Rice

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

1



Onion



Garlic Clove



Smoked Paprika



Skin-On  
Chicken Breasts



Bell Pepper



Mexican Style  
Spice Mix



Basmati Rice



Chicken Stock  
Paste



Red Pepper  
Chilli Jelly



Sun-Dried  
Tomato Paste

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Aluminum foil, garlic press, saucepan, bowl, baking tray, lid, frying pan and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	4	6	8
Smoked Paprika	1 sachet	1 sachet	2 sachets
Skin-On Chicken Breasts**	2	3	4
Bell Pepper***	1	2	2
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Red Pepper Chilli Jelly	37g	74g	74g
Sun-Dried Tomato Paste	25g	50g	50g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3207 /766	535 /128
Fat (g)	27.5	4.6
Sat. Fat (g)	4.6	0.8
Carbohydrate (g)	85.4	14.3
Sugars (g)	19.0	3.2
Protein (g)	47.2	7.9
Salt (g)	1.98	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## 1 Fry the Onion

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve, peel and thinly slice the **onion**. Put **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Peel and grate the remaining **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened, 7-8 mins. Add a splash of **water** if it browns too quickly.



## 4 Traybake Time

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 3-4 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to the **pepper** baking tray, skin-side up.

Roast on the top shelf of your oven until the **peppers** are soft and the **chicken** is cooked through, 12-15 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



## 2 Marinate your Chicken

Meanwhile, in a large bowl, combine the **smoked paprika**, **grated garlic** and **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper**.

Add the **chicken** and turn to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.** Set aside for now.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Pop onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Place the **garlic parcel** alongside. Set aside.



## 5 Mix the Garlic Mayo

A couple of mins before the **chicken** and **pepper** are cooked, remove the **garlic parcel** from the oven and allow to cool slightly.

Once cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop into a small bowl with the **mayo** and **water for the mayo** (see pantry for both amounts). Season with **salt** and **pepper** and mix to combine.



## 3 Spice up your Rice

Once the **onion** has softened, stir in the **Mexican style spice mix**. Cook for 30 secs, then pour in the **water for the rice** (see pantry for amount).

Stir in the **rice** and **chicken stock paste** and bring to the boil. Once boiling, lower the heat to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 6 Finish and Serve

Once the **chicken** is cooked, remove from your oven. Using the back of a spoon, spread the **red pepper chilli jelly** all over to glaze it. Leave to rest for a couple of mins.

Fluff up the **rice** with a fork, then stir in the **sun-dried tomato paste**. Taste and season with **salt** and **pepper** if needed, then spoon onto your plates.

Once rested, slice the **chicken** widthways, then lay on top of the **rice** along with the **peppers**.

Spoon over any remaining **juices** from the tray, then drizzle over the **garlic mayo** to finish.

Enjoy!