



Paprika Chicken & Broccoli

with Rustic Herb Potato Wedges

Grab your Meal Kit with this symbol 



Potato



Rustic Herb Spice Blend



Brown Onion



Carrot



Garlic



Lemon



Broccoli



Parsley



Sweet Paprika





Chicken Breast




Pure Cream



Chicken Stock

 Hands-on: 20 mins
 Ready in: 45 mins

 Eat me early

Our paprika chicken is a take on the Hungarian national dish, 'chicken paprikash', and is made with ample amounts of delicious sweet paprika. And the best thing... the creamy sauce is made in the same pan to give you a super flavoursome result!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper - Large frying pan with a lid (or foil) - Medium frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
rustic herb spice blend	1 sachet
salt*	¼ tsp
brown onion	1
carrot	2
garlic	1 clove
lemon	1
broccoli	1 head
parsley	1 bunch
sweet paprika	3 sachets
chicken breast	1 packet
pure cream	1 bottle (300ml)
chicken stock	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2940kJ (702Cal)	475kJ (113Cal)
Protein (g)	45.6g	7.4g
Fat, total (g)	40.0g	6.5g
- saturated (g)	20.9g	3.4g
Carbohydrate (g)	35.0g	5.7g
- sugars (g)	8.6g	1.4g
Sodium (g)	302mg	49mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm-thick wedges. Spread the wedges over an oven tray lined with baking paper and sprinkle with the **rustic herb spice blend** and the **salt**. Season with a **pinch of pepper**, **drizzle** with **olive oil** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the wedges are roasting, thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Slice the **lemon** into wedges. Cut the **broccoli** into small florets, then roughly chop the stalk. Roughly chop the **parsley** leaves.



3. Brown the chicken

In a medium bowl, combine **1/2** the **sweet paprika**, a **pinch** of **salt** and **pepper** and a **drizzle** of **olive oil**. Add the **chicken breast** and toss to coat. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook until lightly browned, **2 minutes** on each side. Transfer to a plate.

TIP: The chicken will finish cooking in step 5!



4. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **onion**, **garlic** and the **remaining sweet paprika**. Cook until starting to soften and fragrant, **2-3 minutes**. Reduce the heat to low and add a **small squeeze** of **lemon juice** and the **pure cream**. Add the **chicken stock** and add a **pinch** of **pepper**. Stir to combine.

TIP: Scrape up any meaty bits from the bottom of the pan, they add great flavour to the sauce!



5. Finish the chicken

Return the **chicken** and any resting juices to the pan and cover with a lid or foil. Simmer until the **chicken** is cooked through and sauce is slightly thickened, **12-14 minutes**. Season with **salt** and **pepper** and stir through **1/2** the **parsley**. While the chicken is cooking, heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and **broccoli** and cook until tender, **5-6 minutes**. Season with a **pinch** of **salt** and **pepper**.

TIP: Add a dash of water to the pan to help the veggies cook faster.

TIP: Chicken is cooked through when it's no longer pink inside.



6. Serve up

Divide the rustic herb potato wedges, veggies and paprika chicken between plates. Sprinkle over the remaining parsley and serve with any remaining lemon wedges.

Enjoy!