



One Pot Chicken and Rice

with Peas



30-40min



2 Portions

This is our quick and foolproof version of Spanish rice. The beauty of this recipe is how everything cooks in one pot at the same time, allowing the flavours to meld and develop. Rice grains are first toasted in a hot pan with paprika and onions before simmering with the chicken. Strips of lemon give the dish a bright fragrance.

What we send

- Celery
- green peas
- basmati rice
- thyme
- smoked paprika
- free-range chicken breast fillet
- lemon
- garlic
- onion

What you'll require

- olive oil
- salt and pepper

Utensils

- grater
- large deep frying pan or saucepan with lid
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 565.0kcal, Fat 17.4g, Proteins 45.2g, Carbs 50.9g



1. Prepare vegetables

Finely chop the **onion** and **garlic**. Chop the **celery**. Zest the **lemon**. Season the **chicken** with ½ tsp **paprika** and **salt and pepper**. Reserve a few **thyme** leaves for garnish.



2. Brown chicken

Heat 1 tbs **oil** in a large deep frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned. Transfer to a plate.



3. Cook vegetables

Add 2 tsp **oil** to the pan and cook the **onion, celery, garlic** and remaining **paprika**, stirring often, for 5 mins or until vegetables are softened.



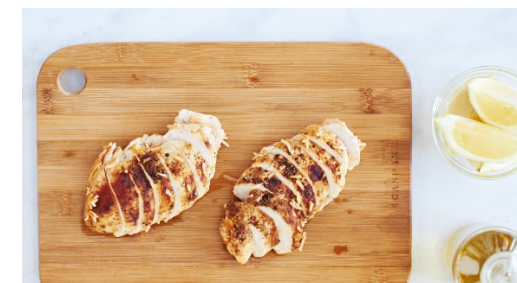
4. Add rice

Stir in the **rice** and **thyme** sprigs and cook, stirring often, for 2 mins or until rice just starts to stick. Stir in 375ml (1½ cups) water and **zest**. Season with **salt and pepper** and bring to the boil over high heat. Reduce heat to low and cook, covered, for 7 mins.



5. Finish chicken

Uncover pan, stir in **peas** and nestle **chicken** into **rice**. Cover and cook for 8-10 mins until chicken is cooked through and rice is tender. Transfer chicken to a board and rest for 5 mins. Discard the thyme sprigs.



6. Get ready to serve

Cut the **lemon** into wedges. Slice the **chicken** and serve over the **rice** with a drizzle of **oil**, a sprinkling of reserved **thyme** and with lemon wedges.