



## Pan-Seared Paprika Chicken

with Potato and Onion Braise



20-30min



2 Portions

Take a trip to Spain, where cooks know a thing or two about injecting flavour into even the humblest of ingredients. After all, this is the country that gave us smoked paprika, maybe one of the tastiest spices around. Here it coats juicy chicken tenderloins, which pair with deliciously moreish tomato and oregano-braised potatoes and a crisp salad. Ole!

## What we send

• 17

## What you'll require

- extra virgin olive oil
- milk <sup>7</sup>
- mustard <sup>10</sup>
- olive oil
- sea salt and pepper
- water

## Utensils

- medium frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The remaining stock cube and tomato paste won't be used in this dish.

## Allergens

Milk (7), Mustard (10), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 520kcal, Fat 21.0g, Carbs 33.8g, Proteins 40.6g



### 1. Prepare vegetables

**Read through the recipe.** Peel the **potato** and cut into 2cm slices. Thinly slice the **onion**. Crush or finely chop the **garlic**. Finely chop the **oregano** leaves, discarding the stems.



### 2. Make dressing

Combine the **cornflour**, **1 tsp smoked paprika** (the remaining paprika won't be used in this dish) and **1 tsp chopped oregano** in a shallow bowl, then season with **salt and pepper**. Whisk **1 tbs extra virgin olive oil** with **3 tsp apple cider vinegar** and **1 tsp dijon mustard** in a bowl.



### 3. Cook potato

Crumble **1 stock cube** (see cooking tip) into a medium saucepan. Add **310ml (1¼ cups) water**, **125ml (½ cup) milk**, **half the tomato paste** (see cooking tip), **garlic** and **potato** to the pan. Bring to a simmer and cook, stirring occasionally, for 12 mins or until the potato is tender. Drain over a jug, reserving the liquid.



### 4. Cook chicken

Meanwhile, toss the **chicken** in the **cornflour mixture**, shaking off excess. Reserve **1 tsp of remaining cornflour mixture** in a small bowl. Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook **onion** for 2 mins or until softened. Remove from the pan. Cook the chicken in the pan for 2-3 mins each side until cooked through. Remove from the pan and rest.



### 5. Make sauce

Stir **1 tbs reserved potato liquid** into the **reserved cornflour mixture**. Gradually stir in the **remaining potato liquid**, scraping to incorporate the flavour from the base of the pan. Cook, stirring, until boiling. Stir in the **remaining oregano, cornflour paste, potato** and **onion** and season with **salt and pepper**. Cook for 2-3 mins until slightly thickened.



### 6. Get ready to serve

Meanwhile, thinly slice the **cucumber**. Toss the **cucumber, salad leaves** and **dressing** in a large bowl. Taste, then season with **salt and pepper**. Divide the **potato mixture, chicken** and **salad** among plates.