

Hello Chef!

PAPRIKA AND CHILI CHICKEN ESCALOPES

with Spanish Tomato Rice



Welcome home! Whip up this easy and colorful Spanish style dinner in no time at all and impress your family.

COOKING TIME: 35 MIN

CALS 982 | PROT 66.6G | CARBS 126G | FAT 21.3G



TIPS FOR FUSSY EATERS

Don't add the chili in the batter for the escalopes. Also keep some rice as plain on the side, just in case.

PRO TIP

Escalope is French and means a thin slice of boneless meat, often beaten even thinner for the purposes of quick cooking. Typically coated with breadcrumbs for some extra flavor and texture.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken Breast	400g	500g	600g
Thyme	2g	3g	4g
Oregano	2g	3g	4g
Paprika	2g	3g	4g
Chili	1g	2g	2g
Egg	1	1	2
Flour	60g	90g	120g
Breadcrumbs	60g	90g	120g
Lemon	1	1	2
Red Onion	1	1	2
Long grain rice	200g	300g	400g
Tomato	2	3	4
Black Olive slices	40g	60g	80g
Parsley	10g	15g	20g
Tomato paste	10g	15g	20g



1 COOK THE RICE

Rinse and cook the **rice** using the **rice** and **water** ratio 1:2. Once the **water** is boiling, bring down the heat and cover. Let simmer for 15 minutes or until all the **water** is absorbed.



2 SIMMER AND SEASON

Chop the **onion** and **tomatoes**. Start by frying the **onion** in a pan with a spoon of **oil** at medium heat for 3-4 minutes. Then add the **tomato**, **tomato paste** and the **olives**. Let simmer for 3-4 minutes. Season with **salt**, **pepper** and a squeeze of **lemon juice**.



3 PREPARE THE BATTER

Cut the **chicken breasts** in half first lengthwise and then again length wise taking off the thickness, so that you have four thin strips per breast. Mix the **egg** in one bowl. Place both the **flour** and the **breadcrumbs** on separate shallow plates. Stir the spices: **oregano**, **paprika**, **chili**, **thyme**, **salt** and **pepper** evenly with both the **flour** and the **breadcrumbs**.



4 COAT THE CHICKEN

Dip the **chicken** pieces first in the **flour**, then in the **egg** and finally in the **breadcrumbs**.



5 FRY THE CHICKEN

Fry them in a spoon of **oil** at medium heat on the pan for 4-5 minutes per side. Keep warm. Once the **rice** is ready, pour the **tomato** and **onion** mix in the pot and stir well. Serve the Escalopes with the Spanish rice and freshly chopped **parsley**.

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