

Paprika chicken with Harissa



Serves	Prep Time	Cooking	Total Time	Calories
4 people				400 kcal

Stuff that's in it:

- 400 Ml Chicken Stock
- 1 Pack Chicken Thighs ((Skinless/Boneless 5))
 - 1 Tbsp Paprika
 - 1 Tsp Dried Harissa
 - 1 Tbsp Plain Flour
 - 1 Tbsp Tomato Purée
 - 250 Ml Soured Cream
- Sprinkle Fresh Chopped Parsley
 - 2 Cloves Garlic (Chopped)
 - 1 Red/Orange Pepper (Diced)
 - 1 Onion (Diced)

What you do:

A twist on the popular Hungarian dish☐☐

If you want lower fat, use chicken breast.

In a large heavy bottomed pan, add your chicken thighs with the oil and brown all over. Add the garlic, peppers and Onion and soften for around 4 minutes. Add the tomato paste and flour, mix well then pour

over the stock, bring to a bubble then place the lid on and cook for 15 minutes, make sure your chicken is cooked through (above 75° c).

Once cooked, allow to come if the bubble slightly then add the sour cream and parsley slowly.

Nutrition

- Carbs: 9g
- Fat: 25g
- Protein: 30g

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