FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

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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