

Ingredients

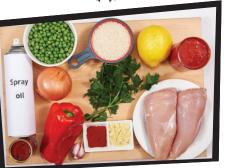
- 1 brown onion
- 2 garlic cloves
- 1 red capsicum
- 2 chicken breasts

Spray oil

- 1 tablespoon paprika
- 1 cup medium or short grain rice
- 2 teaspoons salt reduced chicken stock powder
- 4 1/2 cups water
- 2 cups frozen peas
- 2 teaspoons tomato paste
- 400g tin diced tomatoes
- 1 lemon
- 1⁄4 cup fresh parsley

Equipment

2 chopping boards, knife, frypan with lid, stirring spoon, measuring spoons, measuring cups







Peel then dice onion and garlic finely. Chop capsicum into small pieces. On a separate board chop chicken into bite-sized pieces.

Turn frypan on to medium heat² and spray with oil. Add chicken, onion, garlic and capsicum to frypan, cook for 3 minutes until brown. Add paprika and stir.



and water to frypan, bring to the boil. Put lid on frypan and cook on low for 10 minutes, stirring once.

Add rice, chicken stock powder

Add frozen peas, tomato paste and tinned tomatoes. Put lid on and cook on low for another 10 minutes, stirring once.

