

**OVERALL time: 80 mins**

# Air Fried Chicken & Spanish Rice

A taste of Spain, made easy. This Air Fried Chicken & Rice brings serious sabor to your plate, with smoky paprika, a subtle mustard kick and rich flavour from our NEW Spanish Smoked Paprika & Mustard Rub.

Metric

**Number of servings : 8**

## ingredients

### Chicken

- 1.2 kg Whole free-range chicken
- **Cape Herb and Spice Spanish Smoked Paprika & Mustard**
- Olive Oil

### Spanish Rice

- 1 Onion, finely diced
- 2 Cloves garlic, minced
- 250 g Cherry tomatoes, halved
- 2 tsp **Cape Herb and Spice Spanish Smoked Paprika & Mustard**
- 250 ml Basmati rice
- 375 ml Chicken stock

### Yoghurt Sauce

- 250 g Plain Yoghurt
- 1 Tbsp Lemon juice
- 2 Tbsp Parsley, chopped
- **Cape Herb and Spice Atlantic Sea Salt**

### To Serve

- Fresh parsley leaves
- Lemon Wedges

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 60 mins**

## **For the chicken:**

Preheat air fryer to 180°C.

Pat chicken dry with paper towel.

Drizzle with olive oil and sprinkle generously with **Cape Herb & Spice Spanish Smoked Paprika & Mustard Rub**.

Rub this all over the chicken getting into all the nooks and crannies.

Place the chicken, breast-side down, into the air fryer basket.

Cook for 30 minutes, then flip the chicken over and cook for another 30 minutes.

*(Depending on the size of your chicken.)*

Remove from the air fryer and rest for 10 minutes before cutting into portions.

## **For the rice:**

Heat a drizzle of olive oil in a medium sized pot with a lid.

Add the onion and garlic.

Season well with **Cape Herb & Spice Spanish Smoked Paprika & Mustard Rub**.

Cook until the onion is tender.

Add the rice, tomatoes and stock.

Mix very briefly.

Bring to a boil and place the lid on.

Reduce heat to the lowest setting and cook for 10 minutes.

Switch the heat off and steam for another 5.

Fluff rice with a fork.

### **For the yoghurt sauce:**

Combine all ingredients in a small bowl.

Taste to adjust seasoning.

### **To serve:**

Plate rice on a large serving platter.

Top with chicken pieces.

Scatter with fresh parsley.

Serve alongside the yoghurt sauce and lemon wedges.

Enjoy!

Recipe Developed by Bianca

<https://capeherb.co.za>

Metric

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