

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://www.capeherb.co.za>

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