

Hungarian Paprika Chicken/Fish

Preparation Time: 10 minutes

Cook Time: 45 - 60 minutes for chicken, 5-20 minutes for fish

Serves 4 - 6

Spice Packet Contains:

Ground paprika, ground cumin, ground black pepper, salt,
ground turmeric, ground cinnamon, almond meal

**Extra packet of hot chili powder*

You Will Need:

4 tablespoons fresh or bottled lemon juice

6 cloves garlic, crushed or minced

¼ cup olive oil if grilling, ⅓ cup olive oil if cooking in the oven

2-3 lb. chicken pieces, with or without bones or

2-3 lb. firm fish pieces of your choice

2 tablespoons fresh, chopped parsley

Method:

Mix together lemon juice, garlic, olive oil and contents
of the large spice packet.

Pour over chicken or fish.

Option 1: If time allows, refrigerate for 1 - 12 hours before cooking.

Option 2: If you're short on time, cook right away.

Bake chicken in 425 degree oven for 45-60 minutes or cook
on the grill. Bake fish in 350 degree oven or simmer in a pan
on the stove or cook on the grill until the fish flakes easily and
becomes opaque. See cooking times for fish below.

Sprinkle the chopped parsley over the top.

Serve over Basmati rice, quinoa or couscous accompanied with
salad (recipes found on reverse).

**If you like your food spicy, feel free to add some or all of the extra
packet of hot chili powder.*

Enjoy!

Cooking times for fish:

*Measure the fish at the thickest part and cook it for 10 minutes
per inch, turning halfway through cooking time. If fish is thinner
than ½ inch thick, there is no need to turn it over.*