

Dilmah Organic Rooibos Spiced Chicken Breast

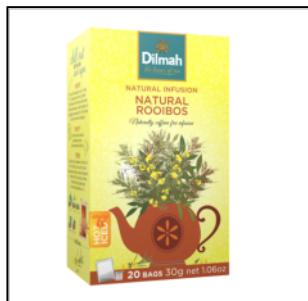


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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Dilmah Book of Tea inspired Cuisine & Beverage

Used Teas



Natural Infusion
Natural Rooibos

Ingredients

Dilmah Organic Rooibos Spiced Chicken Breast

- 1 tablespoon Dilmah Rooibos
- 2 pieces boneless chicken breast
- Carrots, celery, leeks and onions (cubed)
- 1 tablespoon salt
- 1 tablespoon paprika powder
- Dried thyme
- 100g cubed potato



Methods and Directions

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- Brew the Rooibos and marinate the chicken breast with the seasonings and leave for a few minutes for the flavour to set in.
- Place the chicken in a pan and fry in olive oil over a slow fire.
- Add the vegetables and potatoes and fry with the chicken.
- Serve on top of the vegetables.