



Pesto Chicken Traybake and Garlic Rice with Roasted Pepper and Baby Plum Tomatoes

Family 30-35 Minutes • 1 of your 5 a day

7



Baby Plum Tomatoes



Bell Pepper



Garlic Clove



Chicken Fillet



Chicken Stock Paste



Basmati Rice



Fresh Pesto



Honey

Pantry Items
Honey, Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, baking tray and saucepan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Chicken Fillet**	2	3	4
Honey*	1 tbspc	1 tbspc	2 tbspc
Butter*	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Fresh Pesto** 7)	32g	50g	64g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, orange or red to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2606 /623	620 /148
Fat (g)	14.9	3.6
Sat. Fat (g)	5.1	1.2
Carbohydrate (g)	74.2	17.7
Sugars (g)	12.6	3.0
Protein (g)	47.2	11.2
Salt (g)	1.54	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **tomatoes**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Place the **chicken** into a medium bowl with a drizzle of **oil** and **half the honey** (see ingredients for amount). Stir in **half the garlic** and season with **salt and pepper**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Add the Veg

Once the **chicken** has roasted for 5 mins, add the **pepper** and **tomatoes** to the chicken baking tray. Drizzle with **oil** and the remaining **honey**, season with **salt** and **pepper**, then toss to coat.

Return to the top shelf to roast for the remaining time, 15-18 mins.



Roast the Chicken

Lay the **chicken** onto a baking tray, then roast on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Hey Pesto

When the **chicken** and **veg** are ready, remove from the oven and add the **fresh pesto** to the tray.

Stir to coat everything evenly. Taste and season with **salt** and **pepper** if needed.



Cook the Rice

Meanwhile, pop a medium saucepan (with a tight-fitting lid) on medium-high heat. Melt in the **butter** (see ingredients for amount). When hot, add the remaining **garlic** and stir-fry for 1 min.

Stir in the **rice**, **chicken stock paste** and the **cold water for the rice** (see ingredients for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave or until ready to serve (the **rice** will continue to cook in its own steam).



Serve

Once cooked, fluff up the **rice** using a fork, then share between your bowls.

Top with the **pesto chicken** and **veg**, spooning over all the **juices** from the tray.

Enjoy!