



# Pesto Chicken & Broccoli Rice Bowl

with Quick Rice, Peas and Rocket

Lunch 20-25 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



British Chicken Breasts



Roasted Spice and Herb Blend



Broccoli Florets



Steamed Brown Basmati Rice



Lemon



Peas



Pesto



Wild Rocket

**Pantry Items**

Plain Flour, Oil, Honey, Olive Oil



## Before you start

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

## Cooking tools

Baking paper, rolling pin, bowl, frying pan, baking tray, kettle, saucepan, colander, potato masher and fine grater.

## Ingredients

Ingredients	Quantity
British Chicken Breasts**	2
Roasted Spice and Herb Blend	1 sachet
Broccoli Florets**	200g
Steamed Brown Basmati Rice	1 pouch
Lemon**	1
Peas**	120g
Pesto** 7)	96g
Wild Rocket**	20g

Pantry	Quantity
Plain Flour*	1 tbsp
Honey*	1 tbsp
Olive Oil for the Dressing*	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3064 /732	528 /126
Fat (g)	30.7	5.3
Sat. Fat (g)	6.9	1.2
Carbohydrate (g)	60.0	10.3
Sugars (g)	14.1	2.4
Protein (g)	55.3	9.5
Salt (g)	2.65	0.46

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

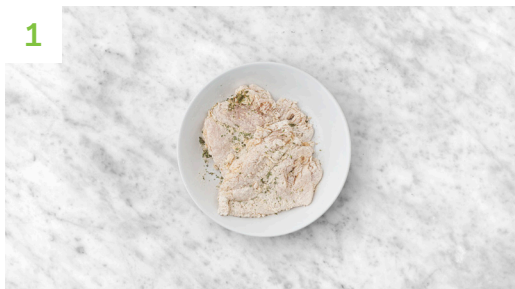
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## Bread the Chicken

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

**b)** Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick.

**c)** In a large bowl, combine the **flour** (see pantry for amount) and the **roasted spice and herb blend**.

**d)** Lay a **chicken breast** in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat for the other **breast**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Bring on the Broccoli Rice

**a)** Cook the **rice** according to pack instructions.

**b)** While the **rice** cooks, mash the **broccoli** with a potato masher.

**c)** Zest and cut the **lemon** into wedges.

**d)** Stir the **rice**, **peas**, **half** the **lemon zest** and **2.5 sachets** of the **pesto** through the **mashed broccoli**.

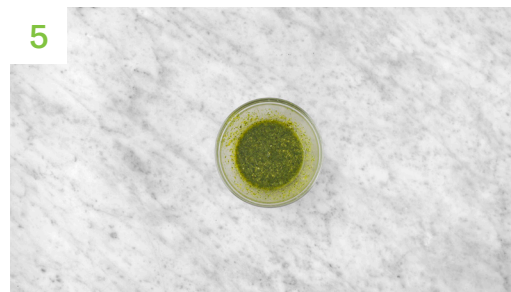


## Fry and Roast

**a)** Heat a drizzle of **oil** in a large frying pan on medium-high heat. Lay the **breaded chicken** into the frying pan. Cook until browned, 3-4 mins each side.

**b)** Transfer the **chicken** to a baking tray, then drizzle over the **honey** (see pantry for amount).

**c)** Roast on the top shelf of your oven until the **chicken** is cooked, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

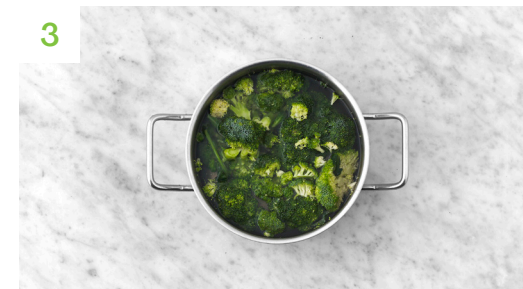


## Make the Pesto Dressing

**a)** In a medium bowl, combine the **olive oil for the dressing** (see pantry for amount) and the remaining **pesto**.

**b)** Squeeze in **lemon juice** from **half** the **lemon wedges**.

**c)** When you're ready to serve, add the **rocket** to the **pesto dressing** and toss to coat.

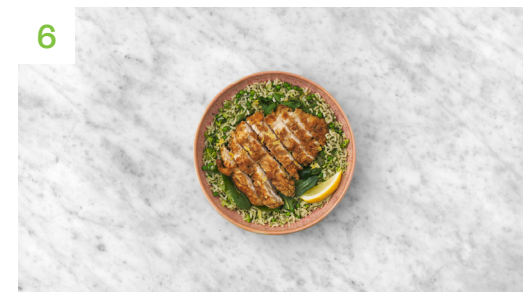


## Boil the Broccoli

**a)** Meanwhile, boil a half-full kettle. Pour the **boiled water** into a large saucepan with  $\frac{1}{2}$  **tsp salt** on high heat. Halve any **large broccoli florets**.

**b)** When the **water** is boiling, add the **broccoli** and cook until tender, 4-6 mins.

**c)** Once cooked, drain the **broccoli** in a colander and return to the pan, off the heat.



## Finish and Serve

**a)** Once the **chicken** is cooked, cut into 1cm thick slices.

**b)** Divide the **broccoli rice** between 2 serving bowls, then place the **rocket** in the centre.

**c)** Top the **rocket** with the **sliced chicken breast** and sprinkle over the remaining **lemon zest**.

**d)** Serve with the remaining **lemon wedges** for squeezing over to finish.

Enjoy!