



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

Classic 35 Minutes • 1 of your 5 a day

45



Bell Pepper



Garlic Clove



British Chicken Breasts



Basmati Rice



Chicken Stock Paste



Baby Plum Tomatoes



Pesto

Pantry Items

Oil, Salt, Pepper, Honey, Butter

Before you start

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

Cooking tools

Garlic press, bowl, baking tray, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	3	5	6
British Chicken Breasts**	2	3	4
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Baby Plum Tomatoes	125g	190g	250g
Pesto** 7)	32g	48g	64g

Pantry	2P	3P	4P
Honey*	1 tbsp	1 tbsp	2 tbsp
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	2737 /654	490 /117
Fat (g)	19.2	3.4
Sat. Fat (g)	7.9	1.4
Carbohydrate (g)	73.6	13.2
Sugars (g)	12.1	2.2
Protein (g)	48.4	8.7
Salt (g)	2.09	0.37

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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Start the Prep

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

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



Roast the Chicken

Place the **chicken** into a medium bowl with a drizzle of **oil** and **half** the **honey** (see pantry for amount). Mix in **half** the **garlic** and season with **salt** and **pepper**.

Lay the **chicken** onto a baking tray. Drizzle with **oil** and season again.

When the oven is hot, roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Add the Veg

Once the **chicken** has roasted for 5-10 mins, add the **sliced pepper** and **baby plum tomatoes** to the same 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.



Hey Pesto

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

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



Cook the Garlic Rice

Meanwhile, pop a deep saucepan (with a tight-fitting lid) on medium-high heat.

Melt in the **butter** (see pantry for amount). Once hot, add the remaining **garlic** and stir-fry for 1 min.

Stir in the **rice** and cook until coated, 1 min. Add the **chicken stock paste** and **water for the rice** (see pantry 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).



Finish and Serve

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

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

Enjoy!