



Pesto Chicken Traybake and Garlic Rice

with Roasted Pepper and Baby Plum Tomatoes

45

Family 35 Minutes • 1 of your 5 a day



Bell Pepper



Garlic Clove



British Chicken Breasts



Basmati Rice



Chicken Stock Paste



Baby Plum Tomatoes



Pesto



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Butter, Honey

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

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, 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

British Smoked Bacon Lardons**	90g	120g	180g
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Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1 tbsp	2 tbsp

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	559g	100g	604g	100g
Energy (kJ/kcal)	2751 / 657	492 / 118	3238 / 774	537 / 128
Fat (g)	20.1	3.6	29.3	4.9
Sat. Fat (g)	7.9	1.4	10.8	1.8
Carbohydrate (g)	73.6	13.2	74.5	12.3
Sugars (g)	12.1	2.2	12.1	2.0
Protein (g)	48.4	8.7	56.1	9.3
Salt (g)	2.09	0.37	3.32	0.55

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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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).



Add the Veg

When the **chicken** has been roasting for 10 mins, remove the tray from the oven. Drizzle over the **honey** (see pantry for amount) and turn to coat.

Pop the **sliced pepper** and **baby plum tomatoes** alongside the **chicken**. Drizzle with **oil** and season with **salt** and **pepper**, then toss to coat.

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

+ Add Bacon Lardons

If you're adding **bacon**, add to the **chicken** tray when there's 10 mins of cook time remaining, (use another tray if necessary). Roast, 8-10 mins. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook it thoroughly.*



Roast the Chicken

Lay the **chicken** onto one side of a large baking tray. Drizzle with **oil**, sprinkle over **half** the **garlic** and season with **salt** and **pepper**. Rub to coat.

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.*



Hey Pesto

When everything's ready, drizzle the **pesto** over the **veg** and **chicken**. Toss to coat.

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!