



Pesto Chicken Traybake & Garlic Rice

with Roasted Pepper and Tomatoes

Family 30-35 Minutes • 2 of your 5 a day

1



Medium Tomatoes



Bell Pepper



Garlic Clove



Chicken Breast



Basmati Rice



Chicken Stock Paste



Fresh Pesto

Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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
Medium Tomato	2	3	4
Bell Pepper***	1	2	2
Garlic Clove**	3	5	6
Chicken Breast**	2	3	4
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Fresh Pesto** 7)	50g	82g	100g

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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2968/709	638/153
Fat (g)	24.0	5.2
Sat. Fat (g)	8.7	1.9
Carbohydrate (g)	75.8	16.3
Sugars (g)	13.5	2.9
Protein (g)	47.3	10.2
Salt (g)	2.01	0.43

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

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

 You can recycle me!



Start the Prep

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

Quarter the **tomatoes**, then halve widthways.

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

Once the **chicken** has roasted for 5-10 mins, add the **bell pepper** and **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.



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.



Hey Pesto

When the **chicken** and **veg** are cooked, 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 Garlic Rice

Meanwhile, pop a deep saucepan (with a tight-fitting lid) on medium 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 the **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!