



# 'Solar System' Chipotle Chicken Traybake with 'Fireball' Tomatoes and Buttery Rice

LIGHTYEAR 30-35 Minutes • Mild Spice • 1 of your 5 a day

7



Bell Pepper



Echalion Shallot



Diced Chicken Breast



Baby Plum Tomatoes



Chipotle Paste



Basmati Rice



Chicken Stock Paste



Soured Cream

### Pantry Items

Butter

Disney · PIXAR  
**LIGHTYEAR**  
IN CINEMAS JUNE 17



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

## Before you start

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

## Cooking tools

Baking tray, saucepan and lid.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Echalion Shallot**	1	1	1
Diced Chicken Breast**	280g	420g	560g
Baby Plum Tomatoes	125g	190g	250g
Chipotle Paste	1 sachet	2 sachets	2 sachets
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	120g	150g
Butter*	10g	20g	20g
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

	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	2505 /599	561 /134
Fat (g)	15.4	3.5
Sat. Fat (g)	7.9	1.8
Carbohydrate (g)	70.3	15.7
Sugars (g)	9.5	2.1
Protein (g)	43.8	9.8
Salt (g)	1.44	0.32

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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## Get Set for Adventure

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve and peel the **shallot**, then chop each half into 4 **wedges**.



## Cook the Rice

Once the **water** is boiling, turn the heat down to medium and cover with the lid. Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Time to Traybake

Pop the **shallot**, **pepper**, **diced chicken** and whole **tomatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, then add the **chipotle paste**. **TIP:** Use less chipotle if you'd prefer things milder. Mix together to coat well, then spread out in a single layer. Once your oven is hot, roast on the top shelf until everything is slightly charred and the **chicken** is cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## A Stir Up in Space

Once the **chicken and veg** are cooked, remove from your oven and gently stir together to combine all the **flavours**. **TIP:** If the tomatoes break up, it'll just add to the deliciousness!

**Space Ranger Mission:** Watch out for fireballs! Little space rangers can help stir together the traybake once it's ready - use a wooden spoon to squish the 'fireball' tomatoes so they release their juices and add even more flavour.



## Melt the Butter

Meanwhile, melt the **butter** (see ingredients for amount) in a medium saucepan with a tight-fitting lid on medium-high heat. Stir in the **rice**, **chicken stock paste** and cold **water for the rice** (see ingredients for amount), then bring to the boil.



## Solar System Spotted!

When ready, fluff up the **buttery rice** with a fork and divide between your bowls. Spoon the **chipotle chicken and veg** on top, spooning all the **juices** from the tray around the **rice** to make some orbital rings! Finish with a dollop of **soured cream** or several small ones to add more stars and planets to your 'solar system'. **Enjoy!**

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