



# Pesto Chicken Traybake and Garlic Rice

with roasted pepper and cherry tomatoes

35 – 40 mins

5



Chicken Breast



Bell Pepper



Garlic



Honey



Rice



Stock



Cherry Tomatoes



Green Pesto

Pantry Items: Butter, Salt, Pepper, Oil, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, pot with lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Bell Pepper	1 unit	2 units
Garlic	3 units	6 units
Honey	2 sachets	4 sachets
Rice	150 g	300 g
Stock	1 sachet	2 sachets
Cherry Tomatoes	125 g	250 g
Green Pesto	30 g	60 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>430 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2661 kJ/ 636 kcal	618.8 kJ/ 147.9 kcal
Fat (g)	17.8 g	4.1 g
Sat. Fat (g)	6 g	1.4 g
Carbohydrate (g)	75.9 g	17.7 g
Sugars (g)	13.3 g	3.1 g
Protein (g)	47.3 g	11 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

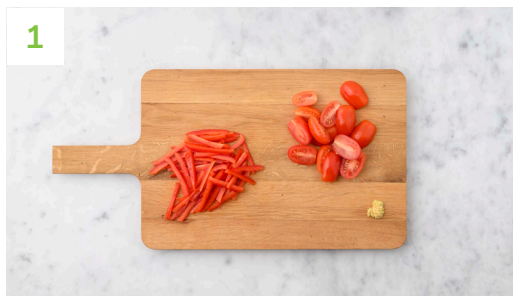
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## Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve and deseed the **pepper**. Slice into thin strips.
- Halve the **tomatoes**.
- Peel and grate the **garlic** (or use a garlic press).
- In a bowl, mix the **chicken** with a drizzle of **oil**, **half** the **honey** and **half** the **garlic**. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



## Cook the Veg

- When the **chicken** has been roasting for 5-10 mins, remove the tray from the oven.
- Place the **bell pepper** and **cherry tomatoes** alongside the **chicken** on the tray.
- Drizzle with **oil** and the remaining **honey**. Season with **salt** and **pepper**, then toss to coat.
- Return to the top shelf to cook for the remaining time, 15-18 mins.



## Roast the Chicken

- Lay the **chicken** out on a lined baking tray.
- Drizzle with more **oil** and season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



## Coat the Veg

- When the **chicken** and veg are cooked, remove the tray from the oven.
- Add **half** the **pesto** to the roasted veg and toss to coat evenly.
- Taste and season with **salt** and **pepper**.
- Slice the **chicken breasts** widthways into 1cm thick slices.



## Make the Garlic Rice

- Meanwhile, place a pot over medium-high heat with 1 tbsp **butter** (per 2P).
- Once hot, add the remaining **garlic** and cook until fragrant, 1 min.
- Add the **rice** and stir until coated, 1 min.
- Stir in the **stock** and 300ml **water** (per 2P). Bring to the boil. Once boiling, lower heat to medium and cover.
- Cook for 10 mins, then remove the pot from the heat. Leave aside for 10 mins (the **rice** will continue to cook in its own steam).



## Finish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top with the **pesto chicken** and veg, spooning over all the juices from the tray.
- Spoon the remaining **pesto** over the **chicken** to finish.

**Enjoy!**