



FOR the  
Little ONES



# one-Pan CaPRese CHICKEN

Golden chicken baked on fluffy tomato rice, topped with melty mozzarella and fresh basil.



35 Minutes



Chicken



2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	17g	69g

## FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
BASMATI RICE	150g
CHICKEN BREAST FILLET	300g
CHERRY TOMATOES	200g
PEAR	1
MESCLUN LEAVES	1 bag
MOZZARELLA	1 packet
BASIL	20g

## FROM YOUR PANTRY

olive oil, salt, pepper, chicken stock cube, ground paprika, dried oregano

## COOKING TOOLS

oven-proof frypan (or transfer to an oven dish)

Swap mozzarella for feta and stir a handful of spinach through the rice at the end for a Mediterranean-style twist.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



### 1. SAUTE THE ONION

Set oven to 225°C.

Heat an oven-proof frypan with **olive oil**. Dice **onion** and crush **garlic**, add to pan and cook for 3–4 minutes. Add **2 tsp dried oregano**.



### 2. SIMMER THE RICE

Stir in **rice** and **1/2 crumbled stock cube**. Pour in **350ml water**. Bring to a boil then reduce to medium and simmer, covered, for 10 minutes.



### 3. ADD CHICKEN & BAKE

Cut **chicken breast** into 4–5 even pieces. Toss with **oil**, **1 tsp ground paprika**, **salt** and **pepper**.

Place **chicken** and **cherry tomatoes** on top of the **rice**. Bake in the oven for 12 minutes, see step 5.

**tip** Add tomatoes to salad instead.



### 4. MAKE THE SALAD

Slice **pear** and toss together with **mesclun leaves**.

**tip** Dress salad with 1 tbsp olive oil and 1 tbsp balsamic vinegar (optional).



### 5. ADD THE MOZZARELLA

Remove **rice** from the oven. Thinly slice **mozzarella** and place on top of **chicken** and **rice**. Return to oven for 5 minutes, or until melted.



### 6. FINISH AND SERVE

Pick or tear **basil leaves**, scatter over **chicken** and **rice**. Serve at the table with the **dressed side salad**.

**tip** If you have some balsamic glaze you can drizzle this on top! Add any remaining basil leaves into the salad.