



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



4/6 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	13g	57g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	2
BASMATI RICE	300g	300g + 150g
CHICKEN BREAST FILLET	600g	600g + 300g
CHERRY TOMATOES	200g	2 x 200g
PEAR	1	2
MESCLUN LEAVES	1 bag	1 bag
MOZZARELLA	1 packet	2 packets
BASIL	20g	2 x 20g

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 a large oven-proof frypan with **olive oil**. Dice **onion** and crush **garlic**, add to pan and cook for 3–4 minutes. Add **1 tbsp dried oregano**.



2. SIMMER THE RICE

Stir in **rice and 1 crumbled stock cube**. Pour in **700ml water**. Bring to a boil then reduce to medium and simmer, covered, for 10 minutes.



3. ADD CHICKEN & BAKE

Cut each **chicken breast** into 4–5 even pieces. Toss with **oil, 2 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.