

for the
little ones←
CHERRY
TOMATOESBaked Rice (RePLace with
PaSta if PReferred!)

Pesto Chicken Baked Rice

Baked basmati rice flavoured with basil pesto topped with melted parmesan cheese served alongside a dressed salad.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

BROWN ONION	1
PRE-COOKED CHICKEN	1 packet
BASMATI RICE	150g
PESTO	1 jar
PARMESAN CHEESE	1 packet
ROCKET LEAVES	60g
CHERRY TOMATOES	200g

FROM YOUR PANTRY

olive oil, balsamic vinegar, 1 chicken stock cube

COOKING TOOLS

ovenproof frypan with lid (or you can transfer rice at step 4 to an oven dish for baking)

You can skip the pesto and flavour the rice with stock and a dried herb such as oregano (2-3 tsp), sun-dried tomatoes or make it Mexican style using spices such as smoked paprika and cumin.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Saute the onion

Set oven to 250°C.

Heat an oven proof frypan over medium heat with **olive oil**. Dice and add onion. Cook for 3-5 minutes until softened.



2. ADD the chicken

Add chicken, using your spatula to break it up a little bit.



3. Cook the Rice

Rinse and stir in rice, **1/2 crumbled stock cube**, **2-3 tbsp pesto** and **300ml water**. Bring to a simmer, cover and cook for 8-10 minutes until most of the water has absorbed.



4. Bake the Rice

Top rice with 1/2 bag parmesan cheese. Bake in the top part of the oven for 8-10 minutes or until golden.

tip Add the cherry tomatoes here if you prefer them cooked!



5. PREPARE the SALAD

Toss rocket leaves with **1/2 tbsp olive oil**, **1/2 tbsp balsamic vinegar** and remaining parmesan cheese (or to taste). Halve and add cherry tomatoes.



5. finish AND SERVE

Serve baked pesto rice at the table with dressed side salad.