

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 4 Servings Chicken

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## FROM YOUR BOX

BROWN ONION	1
PRE-COOKED CHICKEN	1 packet
CANNELLINI BEANS	400g
BASMATI RICE	300g
CHICKEN STOCK PASTE	1 jar
PESTO	1 jar
PARMESAN CHEESE	1 packet
ROCKET LEAVES	60g
CHERRY TOMATOES	200g

## FROM YOUR PANTRY

olive oil, balsamic vinegar

## COOKING TOOLS

large 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 CHICKEN & BEANS

Add chicken, using your spatula to break it up a little bit. Drain, rinse and add beans.

**tip** You can add the beans to the salad at step 5 if you prefer!



### 3. COOK THE RICE

Rinse and stir in rice, stock paste, pesto and **600ml water**. Bring to a simmer, cover and cook for 10 minutes until most of the water has absorbed.



### 4. BAKE THE RICE

Top rice with 2/3 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. Halve and add cherry tomatoes.



### 5. FINISH AND SERVE

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