



# Sicilian-Style Chicken & Spinach Rice

with Basil Pesto & Olives

KID FRIENDLY

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Zucchini



Kalamata Olives



Chicken Thigh



Nan's Special Seasoning



Passata



Baby Spinach Leaves



Basil Pesto



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

First, fluffy spinach-laced rice sets the foundations of this bright bowl. Layered on top are some tasty veggies, stewed in a passata sauce that accompanies the tender chicken so well. And a drizzle of fresh basil pesto acts as the final touch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
kalamata olives	1 packet	2 packets
chicken thigh	1 small packet	2 small packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
<b>brown sugar*</b>	1 tsp	2 tsp
<b>salt*</b>	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
basil pesto	1 packet	2 packets
chicken thigh**	2 small packets	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3192kJ (763Cal)	525kJ (125Cal)
Protein (g)	43.3g	7.1g
Fat, total (g)	27.8g	4.6g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	80.6g	13.3g
- sugars (g)	14.9g	2.5g
Sodium (mg)	1433mg	236mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4022kJ (961Cal)	521kJ (125Cal)
Protein (g)	73.6g	9.5g
Fat, total (g)	36.3g	4.7g
- saturated (g)	7.3g	0.9g
Carbohydrate (g)	80.6g	10.4g
- sugars (g)	14.9g	1.9g
Sodium (mg)	1535mg	199mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Cook the rice

- In a medium saucepan, add the **water** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the veggies & chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium-low and add **passata**, **kalamata olives**, the **brown sugar**, the **salt** and a splash of **water**. Stir to combine.
- Top with **chicken** and cover with a lid or foil. Simmer until chicken is cooked through, **8-12 minutes**.

**TIP:** Chicken is cooked through when it is no longer pink inside.



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Cut **zucchini** into bite-sized chunks.
- Roughly chop **kalamata olives**.
- In a medium bowl, combine **chicken thigh**, **Nan's special seasoning** and a drizzle of **olive oil**.

**Custom Recipe:** If you've doubled your chicken thigh, prep as above.



## Bring it all together

- Once rice is cooked, stir in **baby spinach leaves** until wilted and combined. Season to taste.



## Sear the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh** until browned, **2 minutes** each side. Transfer to a plate.

**TIP:** This chicken will finish cooking in step 4!

**Custom Recipe:** Cook chicken, as above, in batches for the best results.



## Serve up

- Divide spinach rice and Sicilian-style chicken between plates.
- Top with **basil pesto** to serve. Enjoy!

## Rate your recipe

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