

Easy Garlic Chicken & Rice Bake

with Chargrilled Capsicum & Creamy Pesto

Grab your Meal Kit with this symbol



Tomato



Carrot



Basmati Rice



Vegetable Stock Powder



Garlic & Herb Seasoning



Roasted Almonds



Chargrilled Capsicums



Chicken Breast



Creamy Pesto Dressing



Garlic Paste



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 25-35 mins



Naturally Gluten-Free
Not suitable for coeliacs

One of our favourite ways to flavour rice is by topping it with juicy, garlicky chicken breast. Complete with sweet and tangy chargrilled capsicum and our creamy pesto to bring everything together, you can't go wrong with this recipe.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
carrot	1	2
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
chargrilled capsicums	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	1½ cups	3 cups
butter*	20g	40g
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
roasted almonds	1 medium packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3513kJ (840Cal)	791kJ (189Cal)
Protein (g)	44.1g	9.9g
Fat, total (g)	40.5g	9.1g
- saturated (g)	9.5g	2.1g
Carbohydrate (g)	72.5g	16.3g
- sugars (g)	7g	1.6g
Sodium (mg)	1286mg	290mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



1



Prep & cook the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Roughly chop **tomato**. Thinly slice **carrot** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tomato** and **carrot**, tossing, until just tender, **3-4 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**.

3



Cook the chicken

- When the rice has **15 minutes** bake-time remaining, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until cooked through, 3-6 mins each side.
- In the last **2-3 minutes**, add **garlic & herb seasoning** and a splash of **water**, turning **chicken** to coat.

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

2



Add the rice

- To the **veggie** pan, stir in the **basmati rice**, **chargrilled capsicums**, **vegetable stock powder** and the **boiling water** (1 1/2 cups for 2 people / 3 cups for 4 people). Bring to the boil, then remove from heat.
- Transfer the **veggie-rice mixture** to a baking dish. Cover with foil, then bake for **20 minutes**.
- Remove from oven and set aside to rest for **10 minutes**, covered.
- When the **rice** is ready, stir through the **butter**.

Little cooks: Under adult supervision, help stir the butter through the rice. Be careful, the dish is hot!

4



Serve up

- Roughly chop **roasted almonds**. Slice the garlic chicken.
- Divide rice bake between bowls. Top with chicken.
- Drizzle with **creamy pesto dressing**. Sprinkle with almonds to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling the pesto and sprinkling the almonds on top!

Rate your recipe

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