Herby Chicken with Pesto
RECIPE

Herby Chicken with Pesto



TIME	40 mins
INGREDIENTS	12 items
MAKES	2 servings

Chicken pieces with fresh herbs and wholegrain rice make a healthy but filling meal. Enjoy with your favourite salad mix!

INGREDIENTS

- Ben's Original™ Wholegrain Savoury Chicken Microwave Rice 220g
- 2tbsp Sunflower Oil
- 4 Chicken Pieces (Thighs or Drumsticks work well)
- 1tsp Dried Oregano
- 1tsp Dried Basil
- 1tsp Onion Powder
- 1tsp Garlic Powder
- 100g Pine Nuts
- 70g Fresh Basil
- 1 Garlic Clove, crushed
- 100ml Olive Oil

- 80g Your Favourite Salad Mix

INSTRUCTION

1. Heat oven to 190C. Line an oven tray with foil. In a large bowl mix together all of the dried herbs/spices with the sunflower oil. Add the chicken pieces and mix until fully coated. Place in a single layer on the tray.
2. Bake the chicken pieces for 25 minutes, then turn and cook for a further 10 minutes until the juices run clear.
3. To make the pesto, dry fry the pine nuts in a frying pan over a medium heat until golden and releasing a nutty aroma. Combine the nuts, basil, garlic and olive oil in a food processor or pestle and mortar and blend until smooth.
4. Heat the Ben's Original™ rice according to pack instructions then place into bowls. Top with the baked chicken pieces and drizzle over your homemade pesto (any leftovers can be kept in a jar in the fridge for up to a week). Serve your favourite salad leaves on the side and enjoy.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 386
- Cholesterol (mg) 129
- Dietary Fiber (g) 7.1
- Energy (kJ) 2675
- Protein (g) 32.5
- Sugars (g) 3.2
- Total Fat (g) 38
- Saturated Fat (g) 6.6
- Salt (g) 0.8
- Sodium (mg) 320
- Trans Fat(g) 0

Categories:

Chicken, 30 - 45 MIN, Savoury Chicken, Bake, Easy family dinners, Quick & Healthy

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Chicken and Pepper Skewers

Cooking time

25 mins

Ingredients

8 items

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