

Ben's Original™

Herby Chicken with Pesto
RECIPE

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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 250g
- 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

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