

Creamy Pesto Chicken

with Cherry Tomatoes and Green Beans

hellóchef

'Pesto' comes from the Genoese word 'pestâ', meaning 'to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

Cals 621 • Prot 60 • Carbs 15 • Fat 35

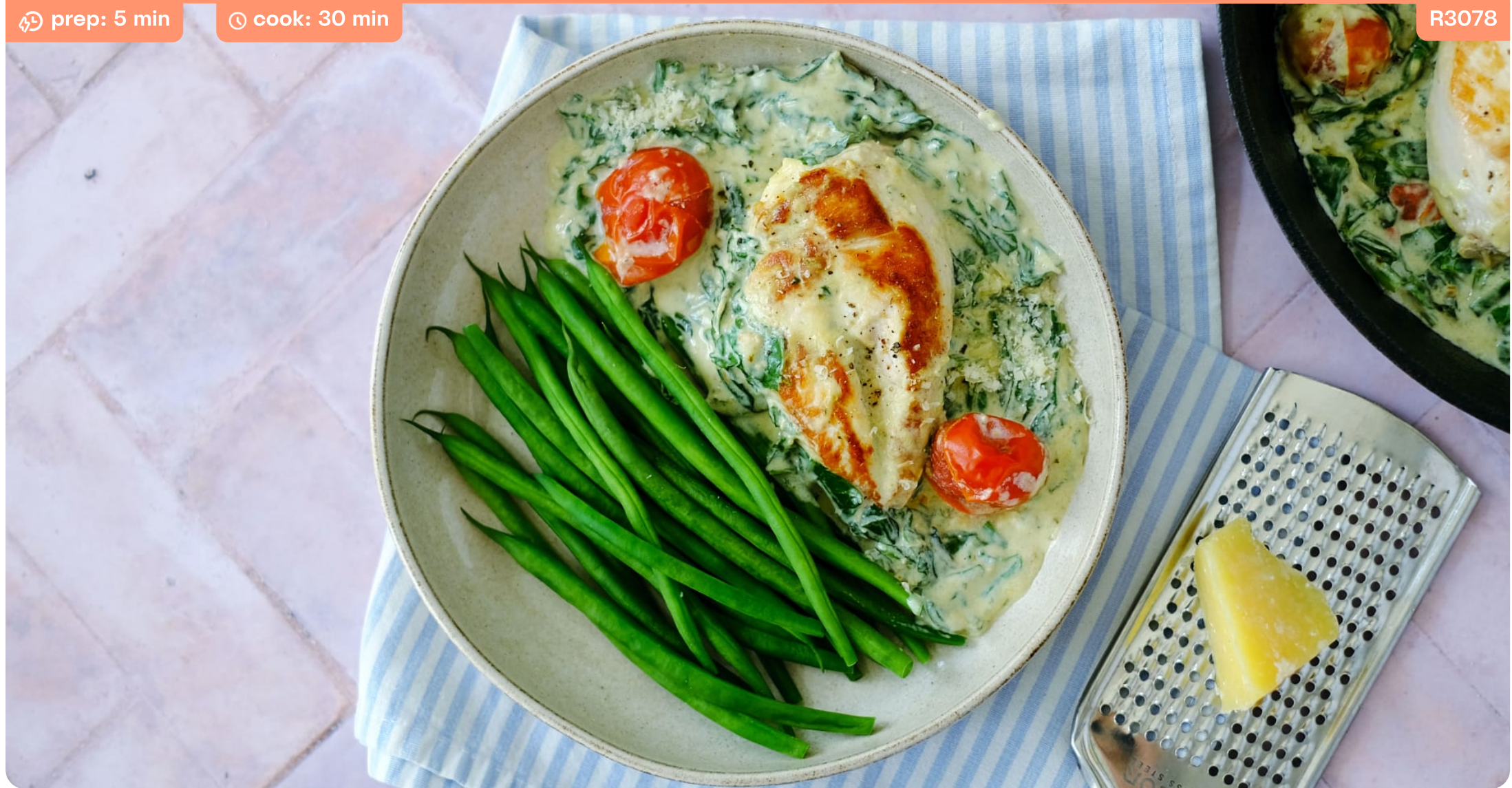
Quick Prep

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⚡ prep: 5 min

🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken pan	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Cherry tomatoes	150	250	300	Grams
Spinach	200	300	450	Grams
Grated Parmesan 4*	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Water	150	175	300	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Green beans	150	250	375	Grams
Green pesto 2*, 4*	50	75	100	Grams
Cooking cream 4*	100	200	200	ML
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2580 / 621
Fat (g)	34.6
of which saturates (g)	11.8
Carbohydrate (g)	15
of which sugars (g)	7.3
Fiber (g)	4.8
Protein (g)	60.4
Salt (g)	4.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Bring a large pot of salted water to the boil. Trim and roughly chop the **spinach**. Trim the **green beans**.



2 Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breast** and fry for 4-6 min on either side until browned and cooked through. Transfer to a plate and cover to keep warm. Wipe and reserve the pan.

Tip! If the chicken is browning too quickly without cooking all the way through, add a splash of water to the pan, reduce the heat and cover with a lid until fully cooked.



3 Make sauce

Return the reserved pan to a medium heat with another drizzle of **oil**. Add the **cherry tomatoes, measured water** and {0.5/1/1} **chicken stock cube**. Stir until the **stock cube** dissolves. Cover with a lid, reduce the heat to low and simmer for 8-10 min until the **tomato** skins start to burst.



4 Boil beans

Meanwhile, once the water is boiling, add the **green beans** and cook over a medium-high heat for 3-4 min or until tender. Drain.



5 Finish sauce

After 8-10 min, add the **spinach, pesto** and {100/200/200}ml **cooking cream** to the pan. Season with **pepper** to taste. Simmer for 3 min further or until the sauce has thickened nicely. Fold in the **grated Parmesan**.



6 Serve

Return the **chicken** to the pan and cook for 1 final min to warm through. Serve the **chicken** with the **creamy pesto sauce** and **green beans** to the side.