



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

Cooking Time: 30 min | Gluten-Free
Cals 623 | Prot 56 | Carbs 17 | Fat 34

Tips For Fussy Eaters

Serve with mash potato.

Pro 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.

Ingredients

For 2 For 3 For 4

Chicken pan

Chicken breast	400	600	800	Grams
Cherry tomatoes	250	300	500	Grams
Spinach	200	300	300	Grams
Parmesan	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Water	150	175	300	ML
Chicken stock cube	0.5	0.5	1	Piece
Green beans	150	250	250	Grams
Green pesto	50	75	100	Grams
Cooking cream	100	200	200	ML
Black pepper	0.5	1	1	Tsp



1 Prep

Wash, trim and roughly chop the **spinach**. Grate the **Parmesan**.



2 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** and cook for 4-6 min on either side until browned and cooked through (see pro tip). Transfer to a plate and cover to keep warm.



3 Make sauce

Return the pan to a medium heat with another drizzle of **oil**. Add the **cherry tomatoes**, **measured water** and **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, wash and trim the **green beans**. Cook the **green beans** in a pot of salted water for 3-4 min or until tender. Drain.



5 Finish sauce

After 8-10 min, add the **spinach**, **pesto**, **cream** and **black pepper** to the tomato pan. Simmer for 3 min further 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.



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