

PESTO CHICKEN TRAY BAKE



QUICK

Less than 10
mins prep
time

HEALTHY

Broccoli is a good
source of vitamin K,
which is needed for
blood clotting

FAMILY



Feeds 5

MEALS

Delicious served
with brown rice

INGREDIENTS

- 10 skinned and boned chicken thighs
- 1 head broccoli
- 2 bunches asparagus
- 1 punnet cherry tomatoes
- Extra walnuts/pine nuts to serve

PESTO INGREDIENTS

- 50g walnuts/pine nuts plus some extra for serving
- 50g basil/spinach
- 2-3 garlic cloves
- 50 ml olive oil
- S & P

METHOD

1. Put the oven onto 200° C
2. Put the pesto ingredients into a blender and mix till a smooth paste – add water if needed
3. Chop the veg into bite sized pieces
4. Cube the chicken into bite sized pieces
5. Put veg and chicken onto a large baking tray
6. Spoon over half of the pesto mix
7. Bake for 10 mins
8. Add the cherry tomatoes and cook for another 10 minutes
9. This is when I cook my rice
10. Mix in the rest of the pesto and sprinkle over some more walnuts/pine nuts



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com