

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 skinless and boneless chicken thighs
- 1 head broccoli
- 400g asparagus
- 300g cherry tomatoes

PESTO INGREDIENTS

- 50g pine nuts plus some extra for serving
- 50g basil
- 2 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 broccoli and asparagus into bite sized pieces
- 4) Cube the chicken into bite sized pieces
- 5) Put broccoli, asparagus and chicken onto a large lined 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) Mix in the rest of the pesto and sprinkle over the remaining pine nuts
- 10) Serve



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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