

# Basil Pesto Chicken, Green Beans, Tomatoes and Rice

COOKING TIME: 45 MINS



Healthy  
UCD

SERVINGS: 4

# Ingredients

- Diced Chicken Breasts
- Beans
- Cherry Tomatoes
- Basil pesto
- Rice
- High heat oil
- Salt and pepper (optional)



Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Diced Chicken Fillets	500g	€5.99	€6.98	€6
Green Beans	240g	€0.99	€1.90	N/A
Cherry Tomatoes	500g	€2.18	€1.98	€2.78
Brown Rice	472g	€0.61	€0.51	€4.40
Pesto	190g	€1.19	€1.19	€3
Total cost/recipe		€10.96	€12.56	€16.18
Total cost/serving		€2.77	3.14	N/A

# Method

1. Begin the rice by rinsing 2 cups/472ml of your favourite type of rice in a bowl or a sieve. Choose brown rice for a healthier alternative.
2. Once the rice is rinsed, add to a pot and add double the amount of water (~1000ml).
3. Bring the rice to a boil on high heat with the lid removed until the water has evaporated to the height of the rice. Turn off the heat, cover with a lid and wait for ~30 mins or until rice is the desired texture.
4. Slice your favourite type of chicken (breasts, thighs, etc. - skinless works best) into even sized chunks or slices) and cook in a pan at medium-high heat with a small amount of oil.
5. Season the chicken with salt and pepper and/or your choice of seasoning. Once the chicken is fully cooked remove from the heat and place in a bowl for later.
6. Quickly clean the pan and cook the beans on a medium heat.
7. Once the beans are cooked to the desired tenderness add in the tomatoes and chicken and toss with the basil pesto (100-190g depending on desired taste).
8. Serve the chicken, beans and tomatoes over rice and enjoy.



# Dietary Information

	Per serving	%RI
Energy (kcal)	621	%31
Fat	25	%36
of which saturates	4	%20
Carbohydrates	44	%44
Fibre	7.5	%7.5
Protein	51	%51
Salt	1.3	%1.3

# Allergy Information



**Gluten free**



Vegetarian



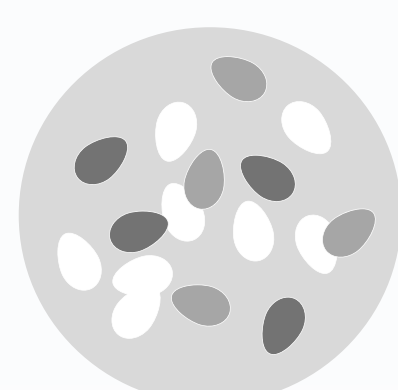
Contains gluten



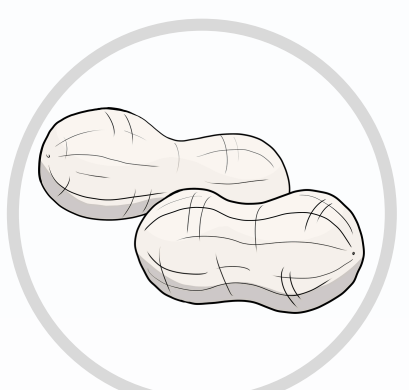
Vegan



Contains nuts



Contains sesame



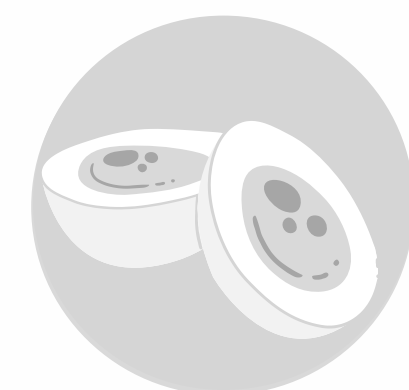
May contain nuts



Contains soy



Contains dairy



Contains eggs



Contains fish