



CHICKEN WITH SPINACH WILD RICE & PESTO SAUCE

5 min 35 min easy 4 servings

INGREDIENTS

100 g olive oil
2 garlic cloves
320 g baby spinach (rocket), leaves only
80 g Parmesan cheese, cut in pieces (2 cm.)
30 g hazelnuts, with skin
1 tbsp sea salt
1200 g water
1 tbsp homemade vegetable stock paste, or 1 vegetable stock cube
300 g wild rice
4 chicken fillets, (225 g each)

USEFUL ITEMS

jug
bowl
serving plate

PREPARATION

1. Place a jug onto mixing bowl lid, weigh olive oil into jug and set aside.
2. Place garlic into mixing bowl and grind **2 sec/speed 8**. Scrape down sides with the aid of spatula.
3. Add 120 g baby spinach leaves, Parmesan, hazelnuts, salt and grind **8 sec/speed 8**.
4. Mix **2 min/speed 4** while very slowly pouring reserved olive oil onto mixing bowl lid, letting it drizzle around measuring cup in a thin stream onto rotating blades. Transfer in a bowl and set aside.
5. Place water and vegetable stock paste into mixing bowl, place simmering basket into position and weigh in rice.
6. Transfer chicken fillets in both Varoma trays. Place Varoma into position and cook **30 min/Varoma/speed 1**.
7. Transfer rice into serving place, garnish with remaining 200 g baby spinach leaves, cover with chicken fillets and garnish with pesto sauce. Serve immediately.

TIP

You can marinate the chicken from the night before or 30 minutes before cooking with 80 g olive oil, 2 tsp salt, 2 pinches ground black pepper and 1 tsp dried thyme.