



Honey-Balsamic Chicken with Creamy Pesto Cannellini Beans

In this dish, you use a heavy object to pound the chicken breast until it's about half an inch thick, ensuring it cooks evenly throughout. As a bonus, this can also be a great stress-relieving technique! The combination of honey and balsamic vinegar works wonderfully, balancing acidity and sweetness for a delicious flavour profile.

Nutritional Info

Calories: 589 kcal
Carbohydrates: 80 g
Protein: 49 g
Fat: 8 g

Ingredients

- Chicken Breast Fillet
- Cannellini Beans
- Tenderstem broccoli
- Balsamic Vinegar
- Cherry Tomatoes
- Honey
- Happy Pear Basil Pesto

Your Pantry

- Olive Oil
- Salt & Pepper
- Cling film
- Baking Paper / grease-proof parchment

Allergens

[Nuts \(Pesto\)](#)
[Sulphites \(Balsamic Vinegar\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 180°C**

Line a baking tray/sheet with baking paper or grease-proof parchment.

2) **Prepare the chicken**

Wrap the chicken breast in cling film and use a rolling pin, empty wine bottle, or heavy frying pan to pound the chicken down to about ½ an inch thick. Drizzle with olive oil and season with salt and pepper, making sure the chicken is covered.

3) **Make the pesto beans**

Drain the liquid from the cannellini beans. Add the drained cannellini beans and the pesto to a saucepan. Gently heat, adding a few tablespoons of water until a nice creamy consistency forms.

4) **Cook the chicken**

Heat a non-stick frying pan on medium heat with a drizzle of oil. Once hot, lay the chicken breast into the pan and cook for 2-3 minutes on each side or until cooked through. Remove from the pan, place on a plate, and cover with foil.

5) **Cook the vegetables**

Place the pan back on the heat with a drizzle of oil and tip in the tomatoes. Leave to cook for 2-3 minutes or until blistering underneath then give the pan a shake, moving them around. Add the broccoli, a tablespoon of water, and season with salt and pepper. Cover the pan with a lid or tin foil and leave to cook 5-7 minutes or until the broccoli is cooked. Remove the broccoli from the pan leaving the tomatoes in.

6) **Finish the chicken**

Add the balsamic vinegar and honey to the pan with the tomatoes. Turn the heat up and stir it around, crushing some of the tomatoes and allowing the liquid to reduce down for about 1-2 minutes, then return the chicken to the pan, turning it over so that it gets covered in the balsamic tomatoes. Leave it for a minute or so to warm through, then switch off the heat.

7) **Serve the dish**

Spoon the beans on the plate. Serve the chicken on top and drizzle with remaining sauce. Lay the vegetables alongside.



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