



TABLE & TWINE



ARUGULA PESTO CHICKEN

Chicken



Pesto



Contains Nuts

Veggies



Rice



- STEP 1** Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove chicken from plastic and place on parchment paper, leaving room for sautéed zucchini and caramelized onions. Place in hot oven for 5 minutes.
- STEP 2** When 5 minutes have passed, add the sautéed zucchini and caramelized onions to the baking sheet with the chicken and roast for an additional 10 minutes, or until chicken reaches an internal temperature of 165°F. Serve arugula pesto alongside chicken.
- STEP 3** Meanwhile, heat the rice. Transfer Wild Rice Grain Blend to a microwave-safe dish. Microwave on high for 1-2 minutes, stirring occasionally until warm. Serve immediately.