

## Chicken and Roasted Broccoli with Cashew Nut Pesto



This warming and incredibly tasty dish is a lovely way to get those green veggies into you during the winter. Packed with antioxidants and mood enhancing cashew nuts.

To feed 2 people you'll need:

- 2 chicken breasts, diced
- 1 large head of broccoli, cut into florets
- 1 cup cashew nuts
- 1 cup fresh basil (a really full cup! You want plenty)
- 1 cup olive oil
- ½ cup mixed seeds
- Chilli flakes – optional

Pre heat the oven to 180°C.

Coat the florets of broccoli in a little oil and sprinkle over the chilli flakes. Place this into a hot oven for approx. 20 -25 mins. Just keep an eye on it and give them a shake every now and then. You want it to be a little charred. It gives it a lovely flavour!

\*This next step isn't essential but toasting the cashews really makes a difference to how the pesto tastes. You can make it with raw cashews though if you prefer\* Lay the cashew nuts onto a separate tray and place in the oven, literally just for 2-3 minutes. They will change from raw to burnt in seconds when they are ready so watch these closely. Take the cashews out of the oven to cool.

While the broccoli is cooking, heat a little oil in a frying pan and fry off the chicken.

To make the pesto - Place the cooled cashews, ½ cup of the oil and the basil into a nutribullet or something similar and blend until it's a consistency you are happy with. If it feels too thick, add more oil and blend again. I used ½ cup and felt it was a good consistency but this is your dish!

Your chicken and broccoli should be cooked now so places them both into a large bowl, pour over the pesto and mix well. Serve into bowls topped with the mixed seeds. SUCH a lovely meal 😊