



Chicken, Serrano Ham & Mozzarella Salad with Baby Plum Tomatoes and Pesto Dressing

Lunch 15-25 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Diced Chicken Breast



Baby Plum Tomatoes



Mozzarella



Serrano Ham



Baby Leaf Mix



Fresh Pesto

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan and bowl.

Ingredients

Ingredients	Quantity
Diced Chicken Breast**	260g
Baby Plum Tomatoes	125g
Mozzarella** 7)	1 ball
Serrano Ham**	4 slices
Baby Leaf Mix**	100g
Fresh Pesto** 7)	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	348g	100g
Energy (kJ/kcal)	1964/469	565/135
Fat (g)	24.5	7.1
Sat. Fat (g)	9.3	2.7
Carbohydrate (g)	5.4	1.6
Sugars (g)	3.1	0.9
Protein (g)	52.8	15.2
Salt (g)	3.01	0.87

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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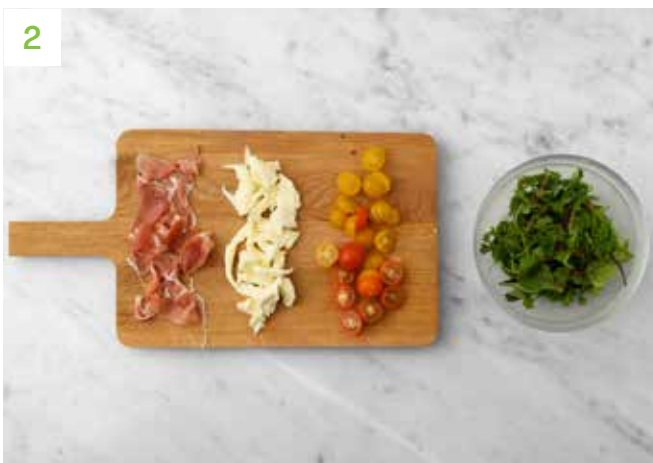
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2



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Fry the Chicken

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **chicken** to the pan and season with **salt** and **pepper**.

c) Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

d) Once the **chicken** is cooked, pop to the side to cool, 5-10 mins.

Prep the Salad

a) Meanwhile, halve the **tomatoes**.

b) Drain and tear the **mozzarella** into small pieces.

c) Tear the **Serrano ham** into small pieces.

d) Add the **baby leaf mix** to a large bowl.

Lunch is Served

a) When you're ready to serve, top the **baby leaves** with the **Serrano ham**, **chopped tomatoes** and **mozzarella pieces**.

b) Drizzle the **pesto** over the **salad** and gently toss to coat.

c) Scatter over the **chicken**, then share between 2 serving bowls.

Enjoy!