



# Italian Style Chicken & Mozzarella Salad

with Fresh Pesto, Pine Nuts and Balsamic Glaze

11A

Lunch 25-30 Minutes • 1 of your 5 a day



Chicken Thigh



Medium Tomato



Mozzarella



Fresh Pesto



Rocket



Balsamic Glaze



Pine Nuts

**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

Baking tray, chopping board, knife, kitchen paper and bowl.

## Ingredients

Ingredients	Quantity
Chicken Thigh**	2
Medium Tomato	1
Mozzarella** 7)	1 ball
Fresh Pesto** 7)	32g
Rocket**	80g
Balsamic Glaze 14)	24ml
Pine Nuts	15g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	283g	100g
Energy (kJ/kcal)	1973 /472	699 /167
Fat (g)	32.8	11.6
Sat. Fat (g)	11.2	4.0
Carbohydrate (g)	11.4	4.0
Sugars (g)	9.0	3.2
Protein (g)	32.6	11.5
Salt (g)	0.93	0.33

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

## Allergens

7) Milk 14) Sulphites

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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1



2



3



## Cook your Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Lay the **chicken thighs** flat onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

c) Once the oven is hot, roast the **chicken** on the middle shelf of your oven until browned and cooked through, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## Get Prepped

a) Meanwhile, cut the **tomato** into 1cm chunks.

b) Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.

## Hey Pesto

a) Once your **chicken** is cooked, remove from the oven and transfer to a large bowl. Use two forks to shred the **chicken** as finely as you can. Stir the **fresh pesto** through the **chicken**.

b) Divide the **rocket** between your bowls and top with the **chopped tomatoes**, **mozzarella pieces** and **pesto chicken**.

c) Drizzle over the **balsamic glaze** and scatter over the **pine nuts** to finish.

Enjoy!