



HEALTHY

Red Pesto Chicken Salad

with Capsicum and Potatoes



30-40min



2 Portions

Make the transition to cooler weather with this Italian-inspired warm salad. A red pesto made from capsicum and sun-dried tomatoes does double-duty as a chicken marinade and salad dressing. Tender chicken strips, roasted capsicum and potato wedges are tossed with lettuce, tomato and olives then finished with toasty sunflower seeds.

What we send

• 7,15

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

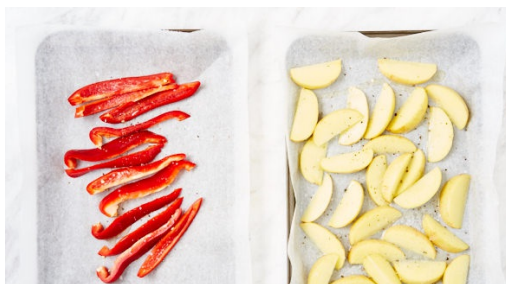
If the potato wedges need further cooking at the end of step 3, transfer the chicken to a plate and keep warm. Roast the wedges for a few more minutes or until well browned.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 595kcal, Fat 32.9g, Carbs 25.3g,
Proteins 45.0g



1. Roast vegetables

Heat the oven to 200C. Line 2 oven trays with baking paper. Cut the **unpeeled potato** into thin wedges. Cut the **capsicum** into 1cm-thick slices, discarding seeds and membrane. Put the potato and capsicum on trays. Drizzle each tray with **1½ tsp olive oil**, season with **salt and pepper** and toss to coat. Roast the **vegetables** for 15 mins or until capsicum is tender.



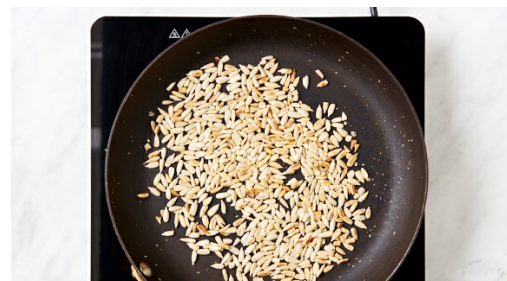
4. Prepare salad

Meanwhile, tear the **cos lettuce** leaves into bite-sized pieces. Cut the **tomato** into thin wedges.



2. Marinate chicken

Meanwhile, combine the **chicken** and **1 tbs red pesto** in a bowl, season with **salt and pepper** and turn to coat. Combine the **remaining pesto** and **2 tsp balsamic vinegar** in a separate large bowl, season with **salt and pepper** and set aside for the salad.



5. Toast seeds

Put the **sunflower seeds** in a cold small frypan over medium-high heat. Cook, tossing, for 2-3 mins until light golden. Remove the pan from the heat.



3. Roast chicken

Remove the capsicum from the oven to cool. Roast the **potato** for a further 5 mins. Put the **chicken** on the tray with the potato then roast for a further 8 mins or until the chicken is just cooked through and the potato is golden (see cooking tip).



6. Get ready to serve

Thickly slice the chicken. Add the **lettuce**, **tomato**, **capsicum**, **potato**, **olives** and **sunflower seeds** to the **pesto dressing** and toss to combine. Divide the **salad** among bowls. Top with the **chicken** to serve.