



PESTO CHICKEN

with Crunchy Panzanella Salad

FAMILY



HELLO PANZANELLA

A Tuscan dish of bread and vegetables

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 483



Chicken Breasts



Red Bell Pepper



Zucchini



Basil Pesto



French White Baby Batard



Garlic



Parsley



Balsamic Vinegar

BUST OUT

- 2 Baking Sheets
- Parchment Paper
- Garlic Press
- Salt and Pepper
- Large Bowl
- Olive or Canola oil
- Large Non-Stick Pan

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Red Bell Pepper 380 g
- Zucchini 480 g
- Basil Pesto 2,5 ½ cup
- French White Baby Batard 1 2
- Garlic 10 g
- Parsley 10 g
- Balsamic Vinegar 9 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat the oven to **400°F** (to bake the croutons, veggies and chicken). Start prepping when the oven comes up to temperature!



1 MAKE CROUTONS Cut the **baguette** into ½-inch cubes. Mince or grate the **garlic**. On a baking sheet, toss the cubed bread and garlic with a drizzle of **oil**. Bake in the centre of the oven, stirring halfway through, until golden-brown, 8-10 min.



2 PREP Meanwhile, **wash and dry all produce.*** Roughly chop the **parsley**. Cut the **zucchini** into ½-inch cubes. Core, then cut the **bell peppers** into ¼-inch thin strips.



3 ROAST VEGGIES Transfer the **croutons** to a large bowl and set aside. On the same baking sheet, toss the **zucchini** and **bell peppers** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until golden-brown, 14-15 min.



4 COOK CHICKEN Meanwhile, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Rub the **pesto** all over the chicken. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken. Cook until golden-brown, 1-2 min per side.



5 ROAST CHICKEN Transfer the **chicken** to a parchment-lined baking sheet. Roast in the centre of the oven until the chicken is cooked through, 14-16 min. (**TIP:** Cook each piece to a minimum internal temperature of 165°F, as size may vary.**)



6 FINISH AND SERVE Toss the **zucchini**, **bell peppers**, **parsley** and **vinegar** into the large bowl with the **croutons**. Thinly slice the **chicken**. Divide the chicken and panzanella salad between plates.

HIGH FIVE!

Now you can turn any leftover bread into croutons.

