

# MOZZARELLA & RED PESTO CHICKEN WITH ROASTED VEGETABLES

2 RED ONIONS  
125G MOZZARELLA  
3 WHITE POTATOES  
250G CHICKEN BREASTS

5G ROSEMARY  
1 COURGETTE  
1 PEPPER  
45G PESTO  
1 TSP DRIED OREGANO

HEAT THE OVEN TO 180 DEGREES CUT THE POTATOES INTO BITE SIZED PIECES

CUT THE RED ONION INTO WEDGES

CHOP THE COURGETTE INTO THICK DISCS

STRIP THE LEAVES FROM THE ROSEMARY AND DISCARD THE STALKS

ADD THE POTATOES, ONION AND COURGETTE ON A BAKING TRAY - DRIZZLE WITH OIL AND SPRINKLE WITH ROSEMARY AND SPRINKLE WITH THE DRIED OREGANO. PUT THE TRAY IN THE OVEN FOR 25-30 MINUTES OR UNTIL THE VEG IS SOFT AND THE POTATOES ARE CRISP.

ADD THE CHICKEN TO A ANOTHER TRAY LINED WITH TINNED FOIL (LESS TO CLEAN UP LATER)

DRAIN THE MOZZARELLA AND SQUEEZE OUT AS MUCH WATER AS POSSIBLE, AND TEAR INTO ROUGH BITE SIZED PIECES

TOP THE CHICKEN WITH THE PESTO AND MOZZARELLA, THEN SEASON WITH SALT AND PEPPER

PUT THE CHICKEN IN THE OVEN FOR 15-20MINS UNTIL THE CHICKEN IS COOKED

ONCE THE VEGETABLES AND THE CHICKEN ARE COOKED SERVE AND DRIZZLE THE PESTO FROM THE CHICKEN TRAY OVER THE VEGETABLES

SERVINGS 2

NUTRITIONAL INFO

CALORIES 505 CAL | FAT 18G | CARBS 41G | PROTEIN 46G

*enjoy*