



# PESTO CHICKEN

with Roasted Zucchini and Red Pepper Panzanella Salad



## HELLO PANZANELLA

A Tuscan salad of bread and vegetables

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 504



Chicken Breasts



Red Pepper



Zucchini



Basil Pesto



Demi-Baguette,  
10-inch



Garlic



Parsley



Balsamic Vinegar

## BUST OUT

- Large Bowl
- Salt
- 2 Baking Sheets
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Medium Bowl

## INGREDIENTS

	4-person
• Chicken Breasts	2 pkg (680 g)
• Red Pepper	454 g
• Zucchini	227 g
• Basil Pesto 2,5	1 pkg (½ cup)
• Demi-Baguette, 10-inch 1	1
• Garlic	1 pkg (10 g)
• Parsley	1 pkg (10 g)
• Balsamic Vinegar 9	1 bottle (2 tbsp)

## ALLERGENS

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

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

## 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**. Toss the **cubed bread** on a baking sheet with the **garlic** and 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 thin strips.



**3 ROAST VEGGIES** Transfer the **croutons** to a medium bowl. Toss the **zucchini** and **bell pepper** on a baking sheet 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 baking sheet. Roast in the centre of the oven until the chicken is cooked through, 14-16 min. (**TIP:** Cook to a minimum internal temperature of 175°F.)



**6 FINISH AND SERVE** In a large bowl, toss together the **zucchini**, **bell peppers**, **parsley** and **vinegar**. Thinly slice the **chicken**. Serve the chicken alongside the **salad**. Top with **croutons**.

## HIGH FIVE!

Now you can turn any leftover bread into croutons.