SCHOOL FOOD PLAN





Number of portions this recipe makes:

2 primary servings (85g) 1 secondary serving (170g)



Prep: 15 minutes **Cook:** 0 minutes



Allergy information:

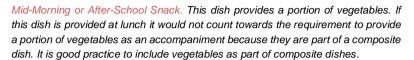
Cashew nuts, milk, egg, sulphites, wheat (gluten)



Top Tips

Try different types of combinations of roast vegetables for variety of flavours.

CHICKEN, PESTO & ROASTED VEGETABLE PANINI



Recipe adapted from: Children's Food Trust Recipes for Success series - Mid-morning break recipes and tips

Ingredients

150g vegetables (peppers, courgettes, carrots, onions, tomatoes)
15ml (1tbsp) olive oil
80g 1 x panini roll
40g (5 tsp) pesto
80g cooked chicken (dark and white meat)

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose paninis with less than 1.0g salt/100g and pesto with less than 2.0g/100g salt.

Method

Cut the vegetables in to bite-sized pieces, sprinkle with the olive oil and roast for 20-25 minutes at 200°C/400°F/gas mark 6.

- 1. Split the panini roll and spread with the pesto.
- 2. Add the chicken and vegetables.
- Preheat the grill, panini maker or sandwich maker until hot and grill, turning over until toasted on both sides.
- 4. To serve the panini later, wrap tightly in plastic film at the end of step 2. Remove the film before grilling.

Serving suggestion: if providing as a meal, serve with a green salad and glass of milk.









