CHICKEN, PESTO & ROASTED VEGETABLE PANINI

Mid-Morning or After-School Snack. This dish provides a portion of vegetables. If this dish is provided at lunch it would not count towards the requirement to provide a portion of vegetables as an accompaniment because they are part of a composite dish. It is good practice to include vegetables as part of composite dishes.

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 (1 tbsp) olive oil
- 80g 1 x panini roll
- 40g (5 tsp) pesto
- 80g cooked chicken (dark and white meat)

Method

1. Split the panini roll and spread with the pesto.
2. Add the chicken and vegetables.
3. 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.

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.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).