



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

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.
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.

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.