



LIAM HOWELLS
PERFORMANCE NUTRITION

Chicken Pesto Salad



Calories: 375



Carbs: 5



Protein: 37



Fat: 22

SERVINGS: 2

PREPTIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 chicken breasts, approx.130g each sliced
- 3 tbsp green pesto
- juice of 1 lemon
- 2 garlic cloves, peeled and crushed
- 1 tbsp water
- 80 g lettuce
- 5 cherry tomatoes, quartered
- 4 radishes, finely sliced
- 50 g cucumber, sliced into half moons
- 20 g reduced fat feta cheese
- 11 g pine nuts
- low-calorie cooking spray
- salt and pepper, to taste

Directions

- In a small bowl, combine the pesto, lemon juice, garlic, water and season with a little salt and pepper.
- Add the chicken to a bowl and pour over half the dressing. Coat the chicken, cover and pop into the fridge for 30 minutes.
- Add the pine nuts to a small frying pan and set on a low heat. Heat for 2 minutes until the pine nuts are lightly toasted and golden. Leave to one side.
- Assemble the salad. Divide the lettuce, tomatoes, radish and cucumber between two plates. Crumble over the feta cheese and sprinkle over the pine nuts.
- Once the chicken has marinated, spray a frying pan with low-calorie cooking spray. Set on a medium heat add the chicken to the pan. Cook for 10 minutes, moving the chicken round the pan to brown on all sides. Check that the chicken is cooked through, and no pinkness remains.
- Add the chicken to the top of the salad, drizzle over the remaining dressing and serve.