

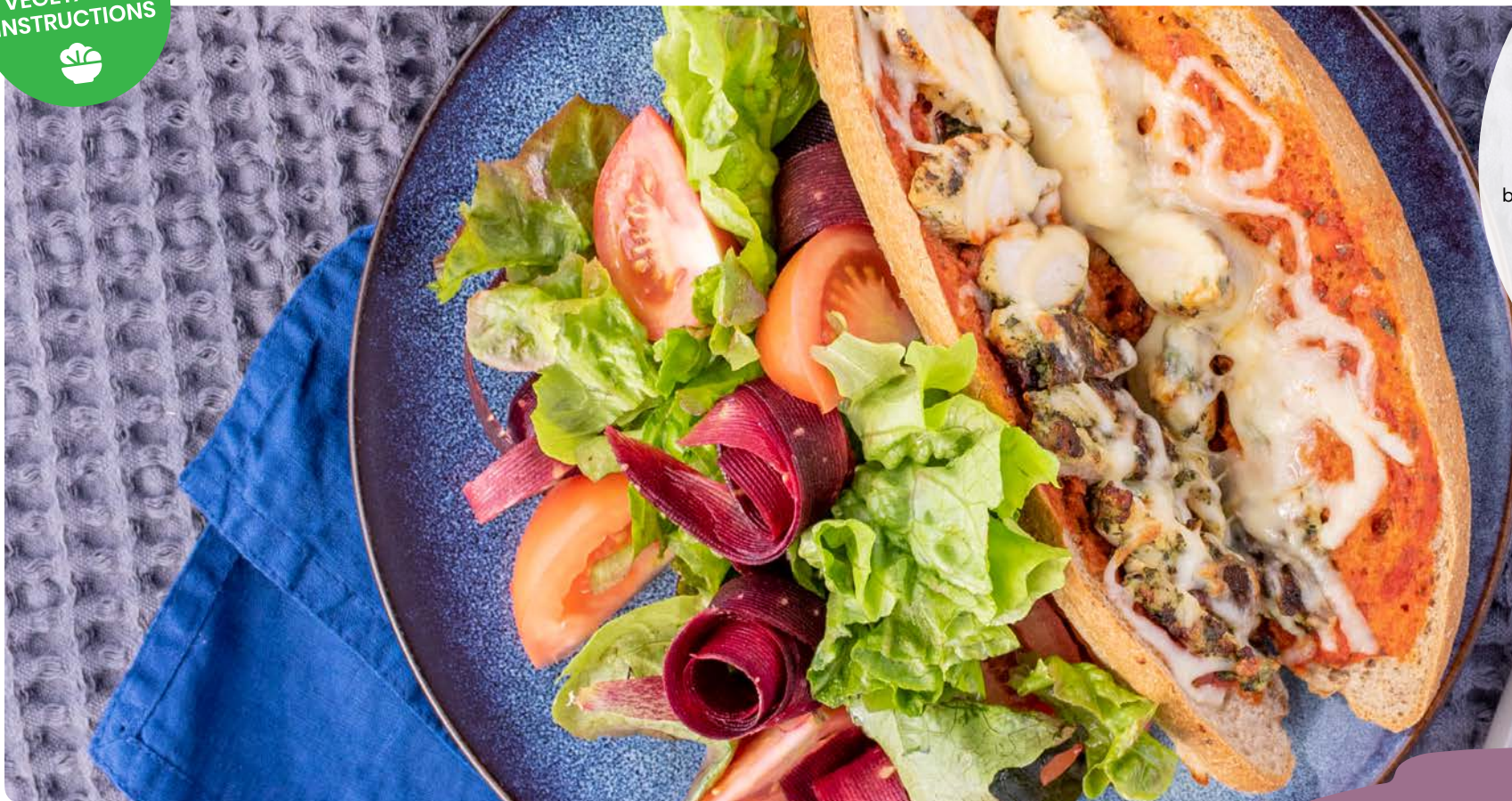
SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Abhi's Bread

Abhi's has provided fresh and organic sourdough breads since the 90's. They bake a range of sourdoughs, organic and spelt breads along with sweets and yummy French inspired pastries.



1 Pesto Chicken Subs

These melty cheese and pesto chicken subs are delicious. Made on fresh wholemeal rolls from Abhi's bakery and served with a rainbow salad.



20 minutes



2 servings






Chicken

23 July 2021

Keep it fresh!

For a fresh option assemble the subs with cooked chicken, shredded cheese and salad ingredients – perfect for lunch or picnic!

FROM YOUR BOX

BASIL PESTO CHICKEN 	1 packet
BABY COS LETTUCE	1
TOMATO	1
PURPLE CARROT	1
WHOLEMEAL ROLLS	2-pack
TOMATO SUGO	1/2 jar *
SHREDDED CHEDDAR	1/2 packet (100g) *
 SLICED MUSHROOMS	200g
 ANTIPASTO MIX	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, vinegar of choice


KEY UTENSILS

frypan, oven tray

NOTES

Any leftover chicken can be kept in the fridge and used for jacket potatoes, wraps or pasta salad!

No gluten option – bread is replaced with GF bread.


 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK THE CHICKEN

Set oven to 220°C, grill.


Heat a frypan with **oil** over medium-high heat. Cook chicken pieces for 5 minutes or until just cooked through.

 **VEG OPTION – Set oven to 220°C, grill. Cook sliced mushrooms in a frypan for 4–5 minutes until softened.**



4. GRILL THE SUBS

Place chicken on top (slice first if needed) then sprinkle over cheese (see notes). Grill in the oven for 3–5 minutes or until cheese has melted.

 **VEG OPTION – Place mushrooms and antipasto mix on top then sprinkle over cheese. Grill in the oven for 5 minutes or until cheese has melted.**



2. MAKE THE SALAD

In the meantime, roughly chop lettuce, wedge tomato and ribbon carrot. Dress with **olive oil and vinegar** of choice.



5. FINISH AND SERVE

Serve subs with a side of salad.



3. PREPARE THE SUBS

Halve bread rolls lengthways and arrange on an oven tray. Spread with tomato sugo on both sides.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

