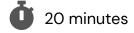






# **Pesto Chicken Subs**

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







# 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 4	1 packet
FESTIVAL LETTUCE	1
TOMATOES	2
LEBANESE CUCUMBER	1
PURPLE CARROT	1
WHOLEMEAL ROLLS	4-pack
TOMATO SUGO	2/3 jar *
SHREDDED CHEDDAR	3/4 packet (150g) *
SLICED MUSHROOMS	200g
ANTIPASTO MIX	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil for cooking, vinegar of choice

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

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. 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 tomatoes, slice cucumber and ribbon carrot. Dress with 1 tbsp olive oil and 1/2 tbsp vinegar of choice.



#### 3. PREPARE THE SUBS

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



## **5. FINISH AND SERVE**

Serve subs with a side of salad.



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