Sun-dried tomato chicken salad

BODY TRANSFORMATION CENTRE

500g chicken mini fillets
100g sun-dried tomato pesto
200g mixed baby leaf salad
6 vine-ripened tomatoes, finely sliced
1 medium sized red onion, finely sliced
1-2 tbsps balsamic vinegar
100g Feta cheese (or use a dairy free cheese if preferred), cut into cubes
75g pitted black olives, left whole or sliced
a pinch of black pepper

SERVES 4

Place the chicken fillets in a bowl and coat evenly with the pesto. Allow to marinate for at least one hour or preferably overnight.

Preheat the oven to 160˚C/325˚F. Place the chicken on a foil lined tray and cook for around 20 minutes, until thoroughly cooked.

While the chicken is cooking, divide the salad leaves between four serving bowls. Add the tomato and onion. Drizzle the balsamic vinegar over the salad and add the Feta cheese and olives.

Arrange the chicken over the salad. Season with black pepper and serve.

Store any leftover chicken in an airtight container and refrigerate for up to 2 days.

PER SERVING:
376 Calories
13g Carbs
36g Protein
20g Fat