








Recipe Card



Perfect Pesto Chicken Toastie

Ingredients

-  2 slices whole grain bread
-  1-2 tbsp margarine
-  1-2 tbsp pesto paste
-  1/2 cup shredded chicken (leftover)
-  1/2 cup baby spinach leaves
-  1 small-medium tomato, sliced
-  low fat cheese, sliced

Equipment List

- Toastie machine (can use stove top and fry pan)
- Chopping board
- Butter knife
- Serrated knife or sharp knife
- Spatula
- Measuring spoons
- Measuring cups



Preparation
5 mins



Cooking
5-10 mins

Servings
1



Better
for life®



Method

- 1 Preheat toastie machine (or fry pan).
- 2 Spread margarine on one side of bread slices.
- 3 On one slice of bread spread the pesto, add the cheese, chicken, tomato and spinach leaves.
- 4 Place the other slice of bread on top with margarine face up.
- 5 Place margarine side down on toastie machine (or fry pan).
- 6 Toast for five to ten minutes (or in fry pan two to five minutes per side) or until golden brown on both sides and the cheese has melted.
- 7 Chop in half and enjoy!

Additions

- Leftover roast vegetables
- Use pickled or fermented vegetables like sauerkraut
- Leftover roast meat, fish or roasted chicken
- Leftover bolognese sauce
- Tin tuna or salmon or chicken
- Sliced cold meats
- Baked beans
- Fried or scrambled eggs
- Change up your cheese - try adding some blue vein cheese or ricotta
- Mix up the herbs and sauces - try adding some avocado or caramelised onion chutney or mustard
- Spice up your bread - try sourdough or herb breads, the more grains the better



Perfect Pesto Chicken Toastie

Nutrition Information

Approx. per serve

Energy	2800kJ
Protein	34g
Total fat	37g
Saturated fat	9g
Carbohydrate	45g
Fibre	10g
Sodium	960mg