

# Pesto Chicken Salad

## Ingredients:

### For the Salad:

- ❖ 3 cups of baby spinach
- ❖ ¼ cup of pine nuts
- ❖ 2 tbsp. of pesto
- ❖ ¼ cup parmesan cheese
- ❖ 2 x 100g chicken breast
- ❖ Handful of cherry tomatoes
- ❖ Pepper, to taste

### For the dressing:

- ❖ 2 tbsp. of pesto
- ❖ 250g low fat plain yoghurt
- ❖ Pinch salt
- ❖ Pinch pepper
- ❖ 1 tsp. olive oil

Serves 2



## Method:

Slice chicken into strips and marinate for 20 minutes in 2 tablespoons of pesto. Once marinated, cook the chicken in a frying pan until golden brown, then remove from the heat and set aside. In the meantime, toast the pine nuts in a frying pan over low heat for approx. 2 minutes, or until lightly golden brown. Next half the cherry tomatoes and rinse baby spinach. To serve, prepare a bed of baby spinach on a serving platter, next spread tomato halves equally along platter. Sprinkle salad with pine nuts and parmesan cheese. Next place cooked pesto chicken on top of the salad and drizzle with salad dressing.

For the dressing, combine all ingredients in a bowl and mix well. Season with pepper as per your preferences.