

Chicken & green pesto tostada

(Serves 1)

Ingredients

- 2 sprays Rapeseed oil spray
- 97g Chicken Breast fillet, diced
- 80g Tomatoes, cherry, halved
- 1 (appx 65g) Brown square wrap (Warburtons)
- 1 tbsp Pesto, green (Reduced fat)
- 40g Spinach, baby leaves
- 40g Peppers, baby, sweet, diced
- Few leaves Basil, fresh

Preparation

1. Heat a non-stick frying pan on the hob.
2. Spray rapeseed oil into frying pan.
3. Add diced chicken pieces & cook for 8-10 minutes or until cooked through.
4. Set aside but keep warm.
5. Grill tomatoes for a few minutes if you prefer them warm.
6. When nearly done, warm wrap under grill before turning off.
7. Spread pesto over wrap.
8. Scatter over spinach leaves, peppers & basil.
9. Top with tomatoes & chicken & serve immediately.

TOP TIP: Warming pesto up slightly makes it easier to spread on the wrap.

NUTRITIONAL VALUES

PER SERVING

Calories 400

Total Sugars 8.72g

Total Fats 8.55g

Saturated Fats 1.77g

Salt 1.23g

Fruit & Veg 2