

Maya's Quick'n'easy Chicken Pesto Salad

Recipe from Maya, a friend of the Pinnacle Foundation

INGREDIENTS:

1/2 cup store-bought pesto
1/4 cup low-fat Greek yoghurt
2 teaspoons lemon zest
1 tablespoon lemon juice
1/4 cup toasted pine nuts
700g boneless, skinless chicken breast, poached

Maya's note

"You can substitute the chicken breast with thigh fillets for a more moist bite. Also, if you want to spend a bit more time, home made pesto makes this recipe even more amazing."

METHOD:

Step 1

Bring half a saucepan of water to boil, and add 1 teaspoon of salt, and all of the chicken pieces in.

Reduce to a medium heat and simmer for 12-15 minutes until cooked through.

Transfer to a plate and allow to cool.

Once cool, shred or chop into small pieces.

Step 2

Add the pesto, Greek yoghurt, lemon zest, and juice to a mixing bowl and whisk to combine.

Add the pine nuts and cooled chicken pieces and toss to combine.

Delicious!



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