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Mediterranean chicken

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Serves 5-6

200g black olives, pitted and halved

1½tbsp capers

240g sun-dried tomatoes in oil

50g tomato pesto

1 cooked chicken, deboned and cut into bite-size pieces

salt and freshly ground black pepper

To serve

Freshly cooked pasta

1 Heat the olives, capers, sun-dried tomatoes and pesto in a saucepan.

2 Then add the chicken, season to taste and heat through. Serve immediately on a bed of freshly cooked pasta.

Fat	30g	Carbs	2g	Energy	392kcal
Protein	27g	Sodium	1.2g	Fibre	1g