



Pesto Chicken



Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula
Food Processor/Blender
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (112g) / par 1 serv (112g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	240
Fat / Lipides 14g	22%
Saturated / satures 4g	
+ Trans / trans 0g	21%
Cholesterol / Cholesterol	65mg
Sodium / Sodium	230mg
Carbohydrate / Glucides	4g
Fibre / Fibres 0g	2%
Sugars / Sucres 1g	
Protein / Proteines	23g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	45%
Calcium / Calcium	6%
Iron / Fer	10%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Olive Oil, Extra Virgin	100 mL	3.4 fl oz	200 mL	6.8 fl oz
Basil, Fresh	30 gm	1.1 oz	60 gm	2.2 oz
Black Pepper	7 mL	1.4 tsp	6 gm	2.8 tsp
Salt	5 mL	1 tsp	8 gm	2 tsp
Lemon Juice	50 mL	1.7 fl oz	100 mL	3.4 fl oz
Garlic, Fresh, Chopped	125 gm	4.4 oz	250 gm	8.8 oz
Red Pepper, Fresh, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Chicken, Breast Strips, Cooked	2 Kg	4.4 Lbs	4 Kg	8.8 Lbs
Feta Cheese, Crumbled	250 gm	8.8 oz	500 gm	1.1 Lbs

Method



1. In a food processor, place the first 6 ingredients and pulse until incorporated into the pesto.

Wash red peppers and remove the core. Diced red peppers.



2. In a large bowl, gently combine all ingredients with a spatula.

In ½ size- 2" deep production pans, portion pesto chicken into small piles. Cover with plastic wrap and store in the refrigerator until plating.



3. Plate one portion of pesto chicken on service dishware.



4. Serve Hot or Cold with a side dish.

Garnish: **Parsley sprig**

Food Accompany: **Appropriate sides such as the Cream Corn Barley Risotto**

