



ROYAL
VOLUNTARY
SERVICE

PESTO CHICKEN & WHITE BEAN TRAYBAKE

by Steph Miller, @eatwellnotless

Ingredients

- 1 small red onion, sliced
- 2 cloves garlic, chopped
- 150g asparagus
- 2 big handfuls baby tomatoes
- 3 tbsp Sundried tomatoes
- Handful of black olives
- 200g new potatoes, par boiled
- 2 chicken breasts, thickly sliced
- Xg white beans
- 1 heaped tsp oregano
- 2 heaped tbsp pesto
- Ball of mozzarella
- Oil
- Salt & pepper

Equipment

- Roasting dish
- Knife
- Chopping board

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Method

- 1. Add everything except the mozzarella to a roasting tin. Drizzle with a little oil, salt & pepper and roast on 180/200degrees for 15-20mins.**
- 2. Stir then add the mozzarella on top and pop back in the oven for 10mins. Serve onto plates and enjoy!**

OUR THANKS TO STEPH MILLER FOR THIS RECIPE.

Eat Well Week is part of the Royal Voluntary Service Stay Safe, Warm and Well campaign, sponsored by long-term partner Yakult, which offers people wellbeing advice and support over winter. Happy Plates are tasty, nutritious dishes packed with ingredients identified by a Yakult nutritionist to boost mood. We call these recipes Happy Plates because that's how we hope they'll make you feel!

For more information on mood boosting foods, visit yakult.info/41ufqRo

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