

# Chicken Pasta Salad

Your dairylea slices don't stand a chance

## 1. Chicken

**How much?** One chicken breast (grilled or poached)  
– sliced

**Why?** “chicken is a lean protein complete with every amino acid, which makes it excellent for muscle growth and repair

## 2. Whole wheat Pasta

**How much?** 100 g

**Why?** It gives you energy by helping replenish glycogen stored

## 3. Black Olives

**How much?** A handful, chopped

**Why?** The ratio of proteins, complex carbohydrates and fats supplied by olives slow the release of glucose

## 4. Mozzarella Balls

**How much?** 6 mini balls

**Why?** Not only does mozzarella add more protein, this serving will also give you 50 % of your RDA of calcium

## 5. Basil Leaves

**How much?** A handful

**Why?** A top source of vitamin A, crucial for the synthesis of protein

## 6. Rocket

**How much?** A handful, torn

**Why?** Leafy veg such as rocket is high in calcium, vitamin C and iron

## 7. Pine Nuts

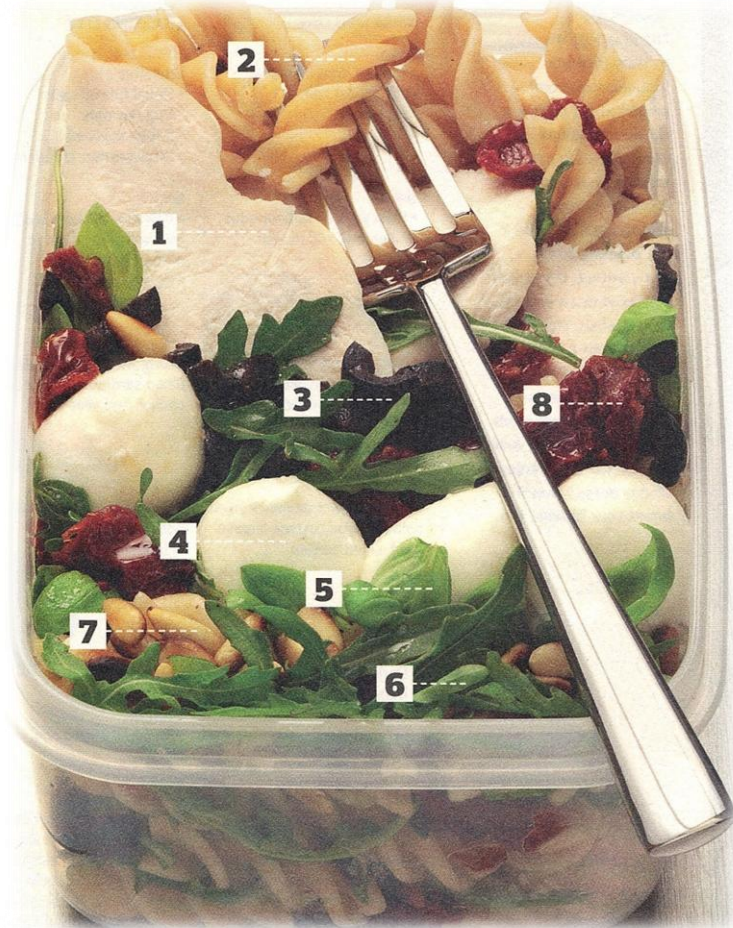
**How much?** A small handful

**Why?** Adds much more protein and increases the mineral content of the meal, particularly magnesium

## 8. Sun Dried Tomatoes

**How much?** A handful

**Why?** The lycopene in tomatoes fights prostate cancer, but drain off excess oil to keep the fat content down



## The Dressing

- 1 tsp pesto
- 2 tsp virgin olive oil
- Crushed black pepper

## The Method

When the pasta is cooked, mix the dressing and add it, with the other ingredients, to the pasta. Stick it in your tub and be the envy of your butty chomping colleagues or friends