

## Cooking For One

### Pesto Chicken

4 small new potatoes  
A drizzle olive oil or vegetable oil  
Coarsely ground black pepper  
½oz butter  
2oz frozen Mediterranean  
vegetables  
2-3 mini chicken fillets  
1 teaspoon green or red pesto  
Chopped Parsley  
Lemon juice (optional)



1. Pre heat oven to 180° C
2. Cut the new potatoes in half and place in an oven proof pan. Season with salt and cover with boiling water, simmer for 10 mins.
3. Strain the potatoes, return the pan to the stove, pour in the drizzle of olive oil, once the oil has got hot, add the potatoes, season with salt and coarsely ground black pepper, fry gently for a couple of mins.
4. Add the butter and the frozen vegetables, stir around carefully and remove from the heat.
5. Lay the chicken fillets on top, spread the pesto evenly over the chicken fillets. Place in the oven for 15 mins.
6. Remove the pan from the oven, serve on to warm plates, sprinkle with chopped parsley and squirt a little lemon juice over the chicken.
7. Enjoy

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