

Chicken pesto pasta salad



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Dry pasta shapes	335g	450g	600g
Vegetable oil	16ml	21ml	28ml
Onion, diced	150g	200g	265g
Bacon	125g	170g	225g
Sundried tomatoes	42g	55g	75g
Cucumber	185g	250g	335g
Tomato	185g	250g	335g
Chicken, cooked and shredded	260g	350g	465g
Basil pesto	125g	170g	225g
Baby spinach	37g	50g	65g

Directions

1. Bring a large pot of water to a boil and cook the pasta for approximately 10 minutes or until just cooked.
2. Drain pasta and toss through half of the oil to prevent it from sticking.
3. Chop bacon into 1cm pieces.
4. Heat remaining oil in a large pan over medium heat and cook onion and bacon until it begins to brown, remove from heat.
5. Chop cucumber and tomato into 1cm pieces.
6. In a large mixing container add cooked pasta, bacon and onion mixture, sundried tomatoes, cucumber, tomato, chicken, pesto and spinach then mix until thoroughly combined.
7. Serve immediately or refrigerate until ready to serve.



Chicken pesto pasta salad continued...

Special diet substitution ideas

Vegetarian:

- Replace bacon with haloumi cheese (40g per portion).
- Replace chicken with canned chickpeas.

Vegan:

- Replace chicken and bacon with chickpeas (YR 0-3: 45g, YR 4-8: 60g, YR 9+: 75g per portion).
- Ensure pesto is vegan.

Gluten free:

- Use gluten free pasta.

Dairy free:

- Use dairy free pesto.

Halal:

- Leave out the bacon and add extra chicken. Ensure chicken is certified halal.

Nut-free:

- Use a mayonnaise-based dressing instead of pesto.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 180g	Serve about 245g	Serve about 330g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	182	246	328
Vegetables (g)	58	78	104
Protein food (g)	33	45	60
Grain food and starchy vegetables (g)	77	104	139

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Turkman pasta fusilli	5kg
Value canola oil	3L
SB onion diced	1kg
The Butchers Wife shoulder bacon cooked	1kg
Bella sundried tomato strips	1.9kg
Cucumber telegraph	Each
Tomatoes red loose	1kg
Tegel chicken shredded classic roast	1kg
Genoese pesto basil pronto	900g
Gilmours salad baby spinach	500g

Allergens



dairy, gluten, wheat, sulphites, cashews.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- Replace tomatoes and cucumber with seasonal vegetables during winter months.
- To reduce costs, substitute some of the chicken and/or bacon with canned chickpeas.
- Contains amber processed meats: can be served up to twice per week.