

Grilled Chicken with Pesto Toasts



Ingredients

- 4 part boned British chicken thighs.
- Olive oil for brushing.
- 300ml ($\frac{3}{4}$ pt) pint of passata.
- 4 x 15ml sp (4 tbsp) green or red pesto sauce.
- 6 slices of French bread.
- 50g (2oz) freshly grated Parmesan cheese.
- 25g (1oz) pine nuts or flaked almonds.
- Garnish: sprig of basil.

Method

1. Preheat a grill to moderately hot.
2. Arrange the chicken in a single layer in a wide flameproof dish and brush lightly with the oil.
3. Place under the grill for about 15 minutes, turning occasionally, until golden brown.
4. Pierce to ensure the juices run clear, not pink. Pour off excess fat.
5. Mix the passata with half the pesto and spoon over the chicken.
6. Return to the grill for 1 minute.
7. Meanwhile, spread the remaining pesto onto the slices of bread.
8. Arrange the bread over the chicken and sprinkle with Parmesan.
9. Scatter pine nuts.
10. Grill for 2 - 3 minutes, until browned and bubbling. Serve hot.

Serves 2.

Cooking time: Approximately 20 minutes

Calories per portion - 608

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