

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

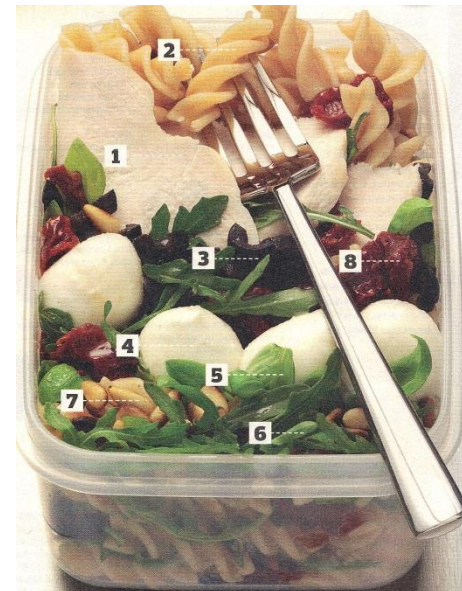
How much? A small handful

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



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