

Vegetable Bake with Grilled Chicken

Serves 4

Preparation Time 10 minutes

Cooking Time 40 minutes

- 1 tablespoon olive oil
- 400g pumpkin, cubed
- 2 carrots, cut in chunks
- 2 potatoes, cubed
- 1 red onion, cut into wedges
- 2 ripe tomatoes, quartered
- 2 slices wholegrain bread
- 1 clove garlic, crushed
- 1/4 cup chopped parsley
- 2 tablespoons toasted pine nuts
- 40g (2 tablespoons) **Flora pro-activ spread**
- 400g skinless chicken breast fillets, grilled or barbecued



Preheat oven to 220°C. Place all vegetables in a large ovenproof dish, drizzle with olive oil and bake for 30 minutes.

Place bread, garlic, parsley, pine nuts and Flora pro-activ into a food processor and pulse until a crumbly mixture is formed.

Sprinkle breadcrumb mixture over the vegetables and bake for a further 10 minutes, or until golden brown. Serve with grilled or barbecued chicken.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	351	1330
Protein (g)	2.1	8.1
Total Fat (g)	4.4	16.7
Sat. Fat (g)	0.8	2.9
Carbohydrate (g)	8.1	30.6
Total Sugars (g)	2.8	10.5
Dietary Fibre (g)	1.8	6.6
Sodium (mg)	39	148