



## CHICKEN FILLETS WITH PESTO

### Serves 4

*Delicious served hot or cold and perfect for a picnic hamper.*

#### *ingredients*

4 medium sized chicken fillets,  
skin and fat removed  
4 - 6 tablespoons home-made or  
commercial pesto  
sun-dried tomato mayonnaise

Using a rolling pin, flatten the thick end of the chicken fillets. Slice the fillet horizontally, without cutting right through. Open the fillet, spread with the pesto and “close” both sides together. (May be fastened with toothpicks, but do remember to remove them before serving!)

Arrange the fillets in the base of Steamer dish and cook for approximately 20 minutes or until juices run clear when the fillet is pierced with a satay stick.

Remove from steamer, cool slightly, remove toothpicks, then cut into diagonal slices. Spoon juices collected in the juice tray over the chicken.

Snow peas or trimmed asparagus may be cooked in one of the other steamer dishes to accompany the chicken. For snow peas allow 4 - 5 minutes and for asparagus 5 - 7 minutes.

To serve cold, remove the toothpicks, slice fillet diagonally and serve with a mayonnaise into which finely chopped sun-dried tomatoes, finely shredded basil and a little more of the pesto have been stirred. For a really low kilojoule dish, reserve the juice from the juice tray and chill until jellied. Sprinkle on a little chopped basil and seasoned pepper and spoon over the chicken instead of the mayonnaise.