

Teriyaki Chicken Panini

Recipe courtesy of Anette De Villers, Canteen Supervisor at Mandurah Baptist College

Traffic light category: Green

Serves: 1



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Ingredients

- 130g Turkish roll
- 15g baby spinach
- 3 slices tomato
- 30g reduced fat cheese, grated
- 25g caramelised onion (store bought or canteen made)
- 70g Teriyaki chicken (cooked)
- 25g Basil pesto lite mayonnaise



Directions

1. Cut Turkish roll through the middle
2. Layer the ingredients on one side starting with baby spinach followed by tomato slices, cheese, onion and chicken
3. Spread other side with Basil pesto mayonnaise
4. Wrap panini in foil, toast until golden brown.

