Recipe Card



Greek-style roast chicken salad

People with Down Syndrome

Ingredients

- 200g Perino tomatoes, halved
- 1 large red onion, cut into wedges
- 1 large red capsicum, seeded, thickly sliced
- 2 zucchini, halved lengthways, thickly sliced
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 lemon, rind finely grated, juiced
- 1 Coles RSPCA Approved Hot Roast Chicken, skin and bones

removed, meat coarsely shredded

- 1/4 cup oregano leaves
- 80g marinated fetta, crumbled





Directions Step 1

- Preheat oven to 200°C. Line 2
 large baking trays with baking paper. Place tomato (200g Perino tomatoes, halved), onion(1 large red onion, cut into wedges),
 capsicum(1 large red capsicum,
 seeded, thickly sliced) and
 zucchini (2 zucchini, halved
 lengthways, thickly sliced) in a
 large bowl.
- Add the oil(2 tbsp olive oil), garlic
 (2 garlic cloves, crushed) and
 lemon rind (1 lemon, rind finely
 grated, juiced).
- Season.
- Toss to combine.

Step 2

- Arrange tomato mixture on the lined trays.
- Bake for 20-25 mins or until vegetables are tender and light golden.

Step 3

 Place chicken (I Coles RSPCA Approved Hot Roast Chicken, skin and bones removed, meat coarsely shredded) and tomato mixture in a large bowl. Drizzle with lemon juice.
 Sprinkle with oregano(1/4 cup oregano leaves). Toss to combine. Top with fetta (80g marinated fetta, crumbled)and season with pepper.





