

"THE #12"

BRIAN ROWE

FRESH ST. MARKET



COOKIN'
WITH THE 'CAPS

Saputo



Sysco

2018
EDITION





"THE #12"

BRIAN'S SANDWICH

INGREDIENTS

1 grilled chicken breast	25g arugula	1 ciabatta bun
1 red pepper	1 tbsp basil pesto	1 tsp vegetable oil
1 Mozzafina di latte fresh mozzarella	1 tsp balsamic vinegar	

DIRECTIONS

Roast red pepper. Place cut red pepper into a frying pan over medium heat with 1 tsp vegetable oil or on a baking sheet under a broiler (brushed with 1 tsp vegetable oil). Allow to cook for 10 minutes.

Remove from heat and place into a bowl covered with plastic wrap for 20 minutes or until the skin is easily removed. Slice the pepper into ¼" strips and toss with balsamic vinegar.

Spread basil pesto on both sides of the bun.

Place chicken breast, cheese, roasted red pepper, and arugula on top of pesto.

Close up the bun, grill in Panini press for 3-4 minutes, then serve and enjoy!