



Grilled chicken with Red Capsicum & Almond Romesco

Serves 5 bariatric portions – Prep time: 15 mins Cook time: 15 mins
Average protein per serve: 27g

Ingredients

500g	Chicken breast fillets
1 tsp	Olive Oil (or use cooking spray)
½ tsp	Salt
½ tsp	Black Pepper

Romesco Sauce

1 large	Roasted red capsicum (skin removed)
20g	Almonds, lightly toasted
1 clove	Garlic, minced
½ tsp	Smoked Paprika
1 Tbsp	Olive Oil
1 Tbsp	Red Wine Vinegar
Pinch	Salt & Pepper
1-2 Tbsp	Water

Directions

Prepare chicken – Season fillets with salt, pepper, and olive oil. Grill over medium-high heat 2-3 minutes per side until cooked through (74 °C internal temp). Set aside.

Make the Romesco – In a blender or food processor, combine roasted capsicum, almonds, garlic, paprika, olive oil, and vinegar. Blend until smooth. Add water gradually until a light, creamy sauce forms. Season to taste.

Serve – Spoon 1-2 tablespoons of romesco sauce over each chicken portion.

Tips & Serving Ideas

- Veggie boost: Serve with steamed zucchini, broccoli, or green beans for extra fibre.
- Nut swap: Pecans or walnuts can replace almonds if desired.
- Make-ahead: Romesco sauce keeps in the fridge up to 4 days – stir before serving.

