# Chicken, White Bean and Roasted Pepper Panzanella Boxes

4 salad meals; each includes one quarter of all bread, chicken, beans, vegetables and dressing | Active 30 min | Cook 25 min | Total 60 min

## Ingredients

- 6 1/3 oz plain whole-wheat bread (180 g), cut into 3/4-inch/2 cm cubes
- 1 large red bell pepper, stem and seeds removed, cut into broad strips (200 g edible raw weight)
- 12 3/4 oz plain roast chicken breast, skin and bones removed, cut into bite-size pieces (360 g cooked edible weight)
- 14 oz plain cooked white beans, boiled until tender, drained and cooled (400 g cooked edible weight)
- 1/2 large cucumber, diced (150 g)
- 2 medium ripe tomatoes, diced (200 g)
- 2 tablespoons olive oil (30 ml/27 g), divided
- 2 tablespoons red wine vinegar (30 ml/30 g)
- A small handful fresh basil, torn (8 g)
- About 1/3 teaspoon fine salt (2 g)
- 1/2 teaspoon ground black pepper (1 g)

## Set out

Kitchen scale, two rimmed baking trays and oven mitts, Knife, board, mixing bowl and whisk, Four lidded meal containers, at least 1 qt/1 liter each, Four small leakproof dressing pots and dry containers for bread

## Allergens

Wheat, Check the actual bread for milk, soy, sesame or other declared allergens.. Check labels and substitutions.

## Make it

**1.** Use chicken and beans cooked today or yesterday and promptly refrigerated at 40°F/4°C or below; their earlier cooking is not included in this recipe's 60 minutes. Keep them chilled while the oven heats to 425°F/220°C. Put pepper strips on one tray with 2 teaspoons/10 ml oil. Roast for 20–25 minutes, turning once, until tender and browned in patches. Retain their softened skins and all edible strips.

**2.** On a separate tray toss bread cubes with 1 teaspoon/5 ml oil. Bake for 10–12 minutes, turning after 6 minutes, until dry-edged and lightly golden. Keep ready-to-eat ingredients away from any raw-food preparation. Cool pepper and bread on their separate trays for about 15 minutes while preparing the cold vegetables.

**3.** Whisk the remaining 1 tablespoon/15 ml oil with all the vinegar, salt and black pepper. Divide the complete dressing among four small pots. Divide all chicken, drained cooked beans, cucumber, tomatoes and cooled pepper among four 1-liter containers. Divide basil over them. Keep chilled if not eating immediately.

**4.** Divide all cooled toasted bread among four dry containers. For each serving, combine one salad portion, one bread portion and one entire dressing pot. Toss and stand for about 5 minutes, then eat. For immediate serving, mix the whole batch and divide equally among four plates.

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## Estimated nutrition per serving

Calories: 490 kcal | Protein: 44.5 g | Carbohydrate: 50.9 g | Fat: 12.2 g | Fiber: 10.9 g. One of 4 servings. Batch yield: 4 salad meals; each includes one quarter of all bread, chicken, beans, vegetables and dressing. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

## A packed meal with an intact texture

Portioning bread and dressing separately takes two small extra containers but protects the meal through a commute or training session. Label the boxes with the original chicken and bean cooking dates so the earliest safe deadline is visible.

## A useful detail

Chicken and beans are weighed cooked, not raw or canned with liquid. The estimate uses USDA cooked roast breast and cooked boiled white beans. Bread is weighed before toasting. This is a modern chicken-and-bean bread salad rather than a claim to a traditional regional formula.

## Another way

Replace the 150 g cucumber with 150 g trimmed raw fennel, sliced very thinly.

Use 8 g chopped parsley instead of basil for a different fresh finish. Variations are outside the base estimate.

## Keep it well

Refrigerate chicken, beans, vegetables and dressing at 40°F/4°C or below. Use within 2 days of assembly and no later than 3 days after either chicken or beans were originally cooked, whichever comes first. Cool roasted pepper promptly and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Store cooled bread separately in a dry airtight container and follow the bread package. Carry perishable components with two cold sources and refrigerate on arrival. Combine only the portion to be eaten; this salad is intended to be eaten cold.