

CHILLI CHICKEN PITTA



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Serves 1

NUTRITIONAL INFORMATION:

Higher Protein

Kcal: **306**

Protein: **42g**

Carbohydrate: **30g**

Fat: **2g**



INGREDIENTS

- 125g Cooked Chicken Breast, chopped
- 1 Mini Pitta Bread, lightly toasted & partly split open
- 5cm Celery, chopped
- 1 Spring Onion, finely chopped
- 1 Garlic Clove, finely chopped
- 3 tbsp Lemon Juice
- Pinch Paprika
- Pinch Chilli Powder
- 2 tbsp 0% Fat Greek Yogurt
- Handful of Lettuce, shredded

COOKING TIME: 30 minutes

METHOD:

1. Mix together the spring onion, garlic, lime juice, paprika & chilli powder. Remove the skin from the chicken breast and chop (you can use shop bought cooked chicken breast), add this to the spring onion mixture & leave to marinate for at least 20 minutes.
2. Stuff the pitta bread with the celery, lettuce & marinated chicken. If serving immediately drizzle over the yogurt.

If taking as a packed lunch, keep the pitta wrapped separately from the salad & chicken & use a separate container for the yogurt until lunchtime & assemble. This stops the pitta from going soggy before lunch.

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