

Spicy chicken pitta bread

(Serves 2)

Ingredients

- 1 tsp Chilli powder, mild
- 1/4 tsp Cayenne pepper
- 1/4 tsp Cumin, ground
- 1/4 tsp Black pepper
- 1 tsp Sugar, brown
- 200g Chicken Breast fillets, diced
- 5 sprays Frylight, Olive oil
- 1/2 tbsp Oil, Olive, napolini
- 100g Onions, sliced
- 1 Pepper, green, deseeded & sliced
- 1 Pepper, red, deseeded & sliced
- 2 Bread, pitta, wholemeal
- 1 tbsp Sour cream (reduced fat)
- 2 tbsps Salsa

Preparation

1. Mix spices, black pepper & brown sugar together. Coat chicken pieces.
2. Heat small frying pan. Spray with frylight.
3. Cook chicken pieces on all sides for approx 6 minutes or until fully cooked.
4. Heat oil in large non-stick frying pan. Cook onion & peppers until "al dente".
5. Add chicken to peppers & mix together.
6. Toast pitta bread until warm but still soft.
7. Make a slit across the top of the pitta bread & gently open it up ready for the filling. Spoon in the sour cream & salsa & spread round sides with back of a spoon.
8. Fill pitta with chicken & peppers. Serve warm.

TOP TIP: Running a knife gently through the top of the pitta bread whilst cold, will help open it up ready for the filling. It is harder to do this when hot!

NUTRITIONAL VALUES

PER SERVING

Calories 398

Total Sugars 11.96g

Total Fats 7.54g

Saturated Fats 1.66g

Salt 0.49g

Fruit & Veg 2.6