

# Hot Greek Pork Pitta

## ingredients

24 Green Gourmet Pork Loin Fillet 57g

4 red onions, sliced

4 tblsp vegetable oil

½ tsp chilli powder

1 tsp celery salt

3 tsp dried oregano

¾ tsp garlic granules

1 medium iceberg lettuce, shredded

2 tblsp lemon juice

480g low fat mayonnaise

24 pitta breads



## cooking instructions

- ❖ Slice the red onions, place into a bowl and coat with the vegetable oil.
- ❖ Mix the herbs and spices together. Place the pork loins into an oiled tin and coat them with the seasoning mix.
- ❖ Layer the sliced onions on top and place the tin into a pre-heated oven (180 °C/gas 5) for 20-24 minutes. Stir once whilst cooking and make sure they are piping hot.
- ❖ Cut the iceberg lettuce into shreds.
- ❖ Mix the lemon juice into the mayonnaise.

## assembly

- ❖ Warm up the pitta breads in a microwave or low temperature oven.
- ❖ Slice open and third fill with the shredded lettuce.
- ❖ Place the pork fillet on top and then add a spoonful of the cooked onions.
- ❖ Add a spoonful of the mayonnaise.

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## Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Pork Loin Steak 57g	1368	g	5.53	7.57
red onions	400	g	1.32	0.53
vegetable oil	40	g	0.43	0.02
chilli powder	1	g	17.80	0.02
salt	3	g	0.37	0.00
oregano	2	g	27.86	0.06
garlic powder	2	g	17.17	0.03
iceberg lettuce	600	g	1.33	0.80
lemon juice	32	g	1.92	0.06
low fat mayonnaise	480	g	1.16	0.56
pitta bread	1440	g	0.80	1.15
<b>Total</b>	<b>4368</b>	<b>g</b>		<b>10.79</b>
<b>Number of portions</b>	<b>24</b>			
<b>Portion weight</b>	<b>175</b>	<b>g</b>		
<b>Cost per portion</b>	<b>45</b>	<b>p</b>		

## Nutritional Profile

<b>M</b>	fat
<b>L</b>	saturates
<b>L</b>	sugars
<b>M</b>	salt

## Cooked analysis: Nutrients

	analysis per 100g	
energy	175.3	kcal
fat	6.3	g
saturated fatty acids	1.3	g
carbohydrates	21.7	g
NME (non-milk extrinsic) sugars	2.9	g
fibre/NSP (non-starch polysaccharides)	1.1	g
protein	9.6	g
iron	1.0	mg
calcium	58.2	mg
vitamin A (retinol equivalents)	4.6	µg
folate	17.6	µg
vitamin C	1.4	mg
sodium	403.9	mg
zinc	0.9	mg



## Additional Nutritional Information

This hand held recipe is suitable throughout the school day. It is a good source of both iron and zinc. Both minerals are essential in maintaining a healthy immune system.

## Allergen information:

Pitta breads contain wheat and mayonnaise contains eggs, both potential allergens. Please check labels of ingredients for other possible allergens.

## Serving suggestions:

Much of the salt comes from the pitta bread; try and ensure that all breads used are within the target nutrient specifications (no more than 0.9g salt/100g). A tomato added to this product will go towards the '5-a-day' recommendation.