

GRAB and GO

Chicken Donner Kebabs

Strips of locally reared chicken breast in warm pitta bread served with Greek salad vegetables and a minty yogurt dressing.

Makes 10 portions (207g/portion)

Ingredients

400g		Green Gourmet Butcher's Style Chicken Roast (GG Code 7210)
600g		10 Pitta breads
300g	(1 medium)	cucumber, diced
300g	(2 medium)	red onions, diced
255g	(3 medium)	tomatoes, diced
250g		plain yoghurt
20g	(1 tblsp)	mint sauce
108g	(1 medium)	lemon

Method

1. Cook the Green Gourmet Butcher's Style Chicken Roast as directed, slice and cut into strips.
2. Warm the pitta breads and slice horizontally to form a pocket.
3. Mix the yoghurt, mint sauce and lemon.
4. Insert a handful of the salad vegetables to each pitta, add a slice of chicken and then a teaspoon of the yogurt mix.

Serving Suggestions

To increase the iron and zinc content add hummus on the kebabs.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
109.4	0.8	0.2	19.1	0.5	1.1
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.4	0.9	0.5	69.4	14.2	3.7
Folate (µg)	Sodium (mg)				
15.0	203.1				

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