

GRAB and GO

Sweet Chilli Chicken

A Chinese take-away with a difference: non-fried chicken grills served in a wholemeal pitta bread with Chinese vegetables and a sweet chilli sauce.

Makes 10 portions (141g/portion)

Ingredients

600g		10 Green Gourmet Chicken Grills 60g (GG Code - 7229)
600g		10 wholemeal pitta breads
75g	(3 tblsp)	sweet chilli sauce
200g		Chinese leaves
150g	(1 small tin)	water chestnuts, drained and chopped

Method

1. Place the Green Gourmet Chicken Grills onto a greased baking tin. Cook as instructed.
2. Warm the pitta breads and cut horizontally to form a pocket.
3. Add a handful of Chinese leaves and water chestnuts to the pitta.
4. Place the chicken grill inside with a teaspoon of the chilli sauce.

Serving Suggestions

This recipe could be adapted to an Indian flavour using a naan and maybe a tikka sauce.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
198.7	2.9	0.3	33.8	3.2	1.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
10.1	2.3	0.6	79.6	2.2	2.3
Folate (µg)	Sodium (mg)				
17.6	347.5				

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