

GRAB and GO

Tandoori Pitta Pockets

Makes 10 portions (183g/portion)

Ingredients

600g		30 Green Gourmet Tandoori Chicken Chunks (GG code – 7297)
600g		10 pitta breads
200g	(1 medium)	cucumber, diced
200g	(3 medium)	tomatoes, diced
100g	(1 medium)	red onion, diced
100g		low fat mayonnaise
50g		ready to use curry sauce

Method

1. Cook the Green Gourmet Tandoori Chicken Chunks according to cooking instructions.
2. Split the pitta breads.
3. Mix the mayonnaise and curry sauce together in a bowl.
4. Mix the cucumber, tomatoes and onion together and portion into pitta breads.
5. Place in the Green Gourmet Tandoori Chicken Chunks.
6. Drizzle with curry flavoured mayonnaise.

Serving suggestions

This could be made into a complete meal by adding a portion of white rice and serving the chicken chunks hot. For extra folate, lightly steam some spinach, add to some cooked diced potatoes and serve as a side order of saag aloo.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
154.9	3.4	0.5	22.7	0.3	2.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
8.3	1.0	0.5	62.7	11.8	2.7
Folate (µg)	Sodium (mg)				
15.4	259.9				

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