

## Chicken and Veggie Pitta Pockets

Cost: £1.23 per portion  
73p vegetarian portion

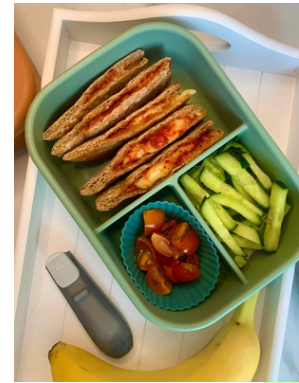
### **Complete your lunchbox with:**

banana  
cherry tomatoes (halved)

Vegetarian option: 'rainbow veggie' pittas using hummus, red pepper and sweetcorn

### **Ingredients**

- 2 mini wholemeal pittas
- 50g cooked chicken breast, shredded (cold)
- 2 tbsp Greek yoghurt (plain)
- ¼ cucumber, diced
- Small handful grated carrot
- 1 tsp mild cheese (optional)
- A squeeze of lemon or a tiny pinch of mild paprika (optional)



### **Method**

1. Lightly warm the pittas (10 seconds in microwave) so they open easily. Slice the pittas open to make a pocket.
2. Slice the chicken and cucumber and grate the carrot.
3. Mix chicken, cucumber, grated carrot and yoghurt in a small bowl.
4. Spoon the mixture into the pitta pockets.
5. Add a sprinkle of cheese if using.
6. Place into a lunchbox with an ice pack to keep cool.