

Pitta pockets

Ingredients

- 1 wholemeal or white pitta breads
- 2 or 3 lettuce leaves
- Quarter of yellow pepper, deseeded
- chunk of cucumber
- 50g cooked meat
- 2 x 5ml spoon chutney



Method

1. Cut the pittas in half across the middle and open them to form pockets.
2. Shred the lettuce on the chopping board.
3. Cut the yellow pepper into thin strips.
4. Slice the cucumber.
5. Cut the meat into thin strips on the chopping board.
6. Place the lettuce inside the pittas.
7. Holding the pitta pocket in your hand, place a few strips of yellow pepper, cucumber slices and meat strips on to the shredded lettuce.
8. Spoon in a small amount of chutney on top.
9. Repeat to make another 2 pockets. Serve on a plate.

Handy hints

You may wish to heat the pitta breads under the grill for 1-2 minutes before cutting them in half. This will make them easier to open.

Take care when cutting open the pittas, as they will be hot and steamy