

HEALTHY SNACK RECIPES



Chicken mini pitta pockets

Ingredients (Serves 1)

- 75g skinless chicken (thigh or breast), cut into strips
- 1 tablespoon low-fat natural yogurt
- 1 heaped teaspoon tomato puree
- 1 heaped teaspoon tikka masala curry paste (depending on how spicy you like it)
- 1 teaspoon rapeseed oil
- Good pinch red chilli powder
- Good pinch ground garam masala

Equipment

Griddle pan, sharp knife, measuring spoons and chopping board.

Method

1. Preheat a griddle pan or non-stick frying pan over a medium heat. Grease with a little oil.
2. Mix together the chicken marinade ingredients and coat the chicken strips with this sauce. Cover and set aside.
3. Put the marinated chicken pieces into the heated pan and stir-fry over a medium heat till cooked but still juicy (about 5-10 minutes).
4. Warm and cut open the pitta breads and fill them with the cooked chicken. Serve with shredded lettuce and cucumber.

This recipe uses ready-made tikka masala paste – you only need a little and you can store the jar in the fridge for other recipes. There is very little oil in this recipe and the chicken is grilled rather than fried.

