



UCOOK

Louisiana Chicken Pita Pockets

with sriracha yoghurt & piquanté peppers

It's no coincidence that the idiom 'having something in your pocket' means to win at something. Because with this chicken pita pocket recipe, you can't lose in the kitchen, Chef! Lightly toasted pita pockets are smeared with a spicy sriracha yoghurt, then layered with tangy tomato, fresh cucumber, greens, NOMU Cajun Rub-spiced chicken strips, sweet peppers, and onion.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Strandveld | The Navigator Red Blend

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
1	Free-Range Chicken Breast
10ml	NOMU Cajun Rub
1	Pita Bread
60ml	Spicy Yoghurt <i>(50ml Greek Yoghurt & 10ml Sriracha Sauce)</i>
1	Tomato <i>rinse & slice into rounds</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>
20g	Green Leaves <i>rinse & roughly shred</i>
20g	Piquanté Peppers <i>drain</i>
10ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. ONION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). In the final 30-60 seconds, add a sweetener. Remove from the pan and season.

2. CHICKEN Return the pan, wiped down, to medium heat with a drizzle of oil. Pat the chicken dry with paper towel, cut into 1cm strips, and coat with the NOMU rub. When hot, fry the chicken until golden, lightly charred, and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. PITA BREAD Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. TIME TO EAT Time to assemble! Smear ½ of the spicy yoghurt in the pockets, add the sliced tomatoes, the cucumber, the shredded green leaves, the chicken, the onions, and the drained peppers. Finish off with dollops of the remaining spicy yoghurt and sprinkle over the crispy onions. Serve any remaining filling on the side. Dig in, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel and cut into 1cm strips. Coat in oil, the NOMU rub and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	417kJ
Energy	100kcal
Protein	7.9g
Carbs	12g
of which sugars	2.6g
Fibre	1.3g
Fat	1.5g
of which saturated	0.5g
Sodium	198mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days