



UCCOOK

Smoked Chicken Pita Sandwich

with piquanté peppers & cucumber

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1125kJ	4051kJ
Energy	269kcal	969kcal
Protein	7.2g	26.1g
Carbs	21g	76g
of which sugars	4.7g	16.8g
Fibre	1.3g	4.6g
Fat	17.1g	61.6g
of which saturated	2.6g	9.5g
Sodium	581mg	2091mg

Allergens: Gluten, Wheat, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Pita Breads
240ml	320ml	Mayo
150g	200g	Cucumber <i>rinse & roughly slice</i>
3	4	Smoked Chicken Breasts <i>roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **HEAT-A THE PITA** Heat the pita in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling. Cut the heated pita in half and open each half to form a pocket.
2. **TIME TO EAT** Smear the pita pockets with the mayo. Load the pockets with the cucumber, the smoked chicken, the peppers, and season. Enjoy, Chef!