



# UCCOOK

## Louisiana Chicken Pita Pockets

with sriracha yoghurt & piquanté peppers

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	414kJ	2755kJ
Energy	99kcal	659kcal
Protein	7.9g	52.3g
Carbs	12g	81g
of which sugars	2.6g	17.6g
Fibre	1.3g	8.8g
Fat	1.5g	9.8g
of which saturated	0.5g	3.4g
Sodium	197mg	1314mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; roughly slice</i>
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU Cajun Rub
3	4	Pita Breads
180ml	240ml	Spicy Yoghurt <i>(150ml [200ml] Greek Yoghurt &amp; 30ml [40ml] Sriracha Sauce)</i>
2	2	Tomatoes <i>rinse &amp; slice into rounds</i>
150g	200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
60g	80g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>
15g	20g	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 onion until golden, 6-7 minutes (shifting occasionally). In the final 30-60 seconds, add a sweetener (to taste). 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. You may need to do this step in batches. 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 it 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 tomato, the cucumber, the green leaves, the chicken, the onion, and the 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).