

Eat Within 3 Days

Louisiana Chicken Pita Pockets

with yoghurt & piquanté peppers

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	451kJ	2706kJ
Energy	108kcal	647kcal
Protein	8.5g	51.2g
Carbs	13g	80g
of which sugars	2.4g	14.6g
Fibre	1.5g	8.9g
Fat	1.7g	9.9g
of which saturated	0.6g	3.4g
Sodium	222mg	1331mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion *peel & roughly slice*
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Cajun Rub
1	2	Pita Bread/s
50ml	100ml	Greek Yoghurt
10ml	20ml	Sriracha Sauce
80g	160g	Baby Tomatoes *rinse & cut in half*
20g	40g	Baby Spinach *rinse*
20g	40g	Green Leaves *rinse & roughly shred*
20g	40g	Piquanté Peppers *drain*
5g	10g	Crispy Onion Bits

From Your Kitchen

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

1. ONION Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 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 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. Alternatively, coat the chicken in oil, the NOMU rub and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

3. PITA BREAD Place a clean pan over medium heat. When hot, toast the pita/s 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. OPTIONAL STEP In a small bowl, combine the yoghurt with sriracha (optional) and season.

5. TIME TO EAT Time to assemble! Smear ½ of the spicy yoghurt in the pockets, add the tomato, baby spinach, green leaves, chicken, 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!