



# QCOOK

## Louisiana Chicken Pita Pockets

with sriracha yoghurt & piquanté peppers

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Fan Faves:** Serves 1 & 2

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly slice</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Cajun Rub
1	2	Pita Bread/s
60ml	120ml	Spicy Yoghurt <i>(50ml [100ml] Greek Yoghurt &amp; 10ml [20ml] Sriracha Sauce)</i>
1	1	Tomato <i>rinse &amp; slice into rounds</i>
50g	100g	Cucumber <i>rinse &amp; cut into thin rounds</i>
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
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, 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. 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. 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!