

# UCCOOK

## Smoked Chicken Pita Sandwich

with piquanté peppers & cucumber

After hours of hard work, non-stop emails & long presentations, you deserve nothing less than a satisfying lunch. Like warm pita pockets stuffed with refreshing cucumber, shredded smoked chicken, sweet piquanté peppers & creamy mayo.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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\*New Lunch

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### Ingredients & Prep

1	Pita Bread
80ml	Mayo
50g	Cucumber <i>rinse &amp; roughly slice</i>
1	Smoked Chicken Breast <i>roughly shred</i>
20g	Piquanté Peppers <i>drain</i>

### From Your Kitchen

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 shredded smoked chicken, the drained peppers, and season. Enjoy, Chef!

### Nutritional Information

Per 100g

Energy	1125kj
Energy	269kcal
Protein	7.2g
Carbs	21g
of which sugars	4.7g
Fibre	1.3g
Fat	17.1g
of which saturated	2.6g
Sodium	581mg

### Allergens

Gluten, Wheat, Sulphites

Eat  
Within  
4 Days