



# UCOOK

## Greek Mushroom Pita Pocket

with green bell pepper, yoghurt & olives, and fresh oregano

Mix it, fry it, fill it and chow down! Toasty pita pockets are smeared with a coconut yoghurt and olive mixture, then filled to the brim with oregano-fried peppers and mushrooms, and finished off with slivers of pickled red onions. Is your mouth watering yet, Chef?

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Serves:** 1 Person

**Chef:** Thea Richter

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

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15ml	White Wine Vinegar
1	Red Onion <i>¼ peeled &amp; finely sliced</i>
30ml	Coconut Yoghurt
50g	Cucumber <i>grated &amp; liquid squeezed out</i>
3g	Fresh Oregano <i>rinsed &amp; roughly chopped</i>
20g	Pitted Kalamata Olives <i>drained &amp; finely chopped</i>
125g	Mixed Exotic Mushrooms <i>trimmed at the base &amp; roughly chopped</i>
1	Green Bell Pepper <i>½ rinsed, deseeded &amp; cut into strips</i>
7,5ml	Dried Oregano
1	Garlic Clove <i>peeled &amp; grated</i>
1	Pita Bread
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. IN A PICKLE** In a bowl, combine the vinegar, 5ml of a sweetener of choice, and 10ml of water. Add the sliced onion and set aside to pickle.

**2. GO GREEK!** In a bowl, combine the yoghurt, the grated cucumber, ½ the chopped oregano, the chopped olives, seasoning, and a drizzle of olive oil. Set aside.

**3. PEPPY MUSHIES** Place a pan over medium-high heat with a drizzle of oil. When hot, add the chopped mushrooms and the pepper strips. Fry for 4-5 minutes until soft and browned, shifting occasionally. Add the dried oregano, the grated garlic and fry for 1-2 minutes until fragrant. Remove from the heat and season.

**4. PITA POCKETS** Place a clean pan over medium-high heat. When hot, warm the pitas for about 1-2 minutes per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. Cut in half to create two pockets. Drain the pickling liquid from the onion.

**5. LOAD 'EM UP!** Smear the inside of the pita pockets with the yoghurt & olive mixture. Load with the mushies & pepper mix, the shredded leaves, the pickled onion (to taste), and the remaining oregano. Serve any remaining fillings on the side as a salad. Time to feast, Chef!

## Nutritional Information

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Per 100g

Energy	326kJ
Energy	78kcal
Protein	2.8g
Carbs	14g
of which sugars	2.3g
Fibre	2.4g
Fat	0.9g
of which saturated	0.3g
Sodium	115mg

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## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days