



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?


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

30ml	White Wine Vinegar
1	Red Onion <i>½ peeled & finely sliced</i>
60ml	Coconut Yoghurt
100g	Cucumber <i>grated & liquid squeezed out</i>
5g	Fresh Oregano <i>rinsed & roughly chopped</i>
40g	Pitted Kalamata Olives <i>drained & finely chopped</i>
250g	Mixed Exotic Mushrooms <i>trimmed at the base & roughly chopped</i>
1	Green Bell Pepper <i>rinsed, deseeded & cut into strips</i>
15ml	Dried Oregano
1	Garlic Clove <i>peeled & grated</i>
2	Pita Breads
40g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. IN A PICKLE In a bowl, combine the vinegar, 10ml of a sweetener of choice, and 20ml 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

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

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days