

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.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

3	Pita Breads
240ml	Mayo
150g	Cucumber <i>rinse & roughly slice</i>
3	Smoked Chicken Breasts <i>roughly shred</i>
60g	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