



# Pirton Hill Primary School

## Speedy Chicken and Bacon Pitta Pockets



This is a very healthy and quick recipe making 6 individual pockets.

### Ingredients:

- 300g chicken breast strips (2x breasts approx.)
- 100g smoked back bacon, cut into strips (2/3 rashers)
- spice of choice (see note)
- iceberg lettuce (shredded)
- cucumber (half slices)
- red pepper (thin slices)
- cherry tomatoes (quartered)
- sweetcorn (tinned)
- grated carrot
- 6 tbsp. of low fat mayonnaise
- 6 pitta breads
- vegetable oil

### Method:

1. Make a mixed salad using the shredded the lettuce, cucumber, cherry tomatoes, red peppers and the grated carrot. Then mix in the sweetcorn and chill until required.
2. Season the mayonnaise by stirring in the spice of your choice (see note).
3. Fry the chicken breast strips and smoked bacon in a very small amount of oil until cooked.
4. Score the pitta pockets to make it easier to open when hot. Place in a toaster ready to fill.
5. Once the pittas are toasted spread a spoon of the mayonnaise inside, fill with the chicken and bacon and finish with a good helping of the salad mix.

*Note: These pittas can be made using a number of spices or herbs of choice (e.g. Piri Piri, Cajun or curry powder). You could also put a little lemon juice and zest in the mayonnaise with some herbs to give it a Mediterranean feel.*

*These could be served with our Speedy Wedges.*

**All these recipes have been put together for the children of  
Pirton Hill Primary School.**