

Ben's Original™

Grilled Chicken Pitta
RECIPE

Grilled Chicken Pitta



TIME 25 mins
INGREDIENTS 11 items
MAKES 2 servings

Succulent chicken pieces layered with salad and feta cheese, this pitta is great to have with dinner or even lunch!

INGREDIENTS

- Ben's Original™ Mixed Pepper Microwave Rice 220g
- 1tbsp Sunflower Oil
- 1 Chicken Breast, sliced
- 1tsp Dried Oregano
- 1tsp Paprika
- 1 Garlic Clove, crushed
- 2 Pitta Breads
- 1 Little Gem Lettuce, chopped
- Handful of Cherry Tomatoes, halved
- ½ a Red Onion, finely sliced
- 50g Feta, crumbled

INSTRUCTION

1. Add the chicken to a mixing bowl along with the oil, paprika, oregano and garlic. Mix to cover each piece of chicken and set aside for 15 minutes to marinade.
2. Place a griddle pan on a high heat and cook the chicken for 8-10 minutes, turning half way through. In the last few minutes of cooking, heat the Ben's Original™ rice according to pack instructions.
3. Construct the pitta: Cut the bread in half and open to make pockets. Firstly, add a layer of the Ben's Original™ rice followed by the grilled chicken. Top with the lettuce, tomatoes, red onion and feta. Repeat with all pitta pockets.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 72.7
- Cholesterol(mg) 89
- Dietary Fiber (g) 5.8
- Energy (kj) 2489
- Protein (g) 39.3
- Sugars (g) 7.2
- Total Fat (g) 13.4
- Saturated Fat (g) 4.9
- Salt(g) 1.84
- Sodium (mg) 736
- Trans Fat(g) 0

Categories:

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Cooking time

30 mins

Ingredients

11 items



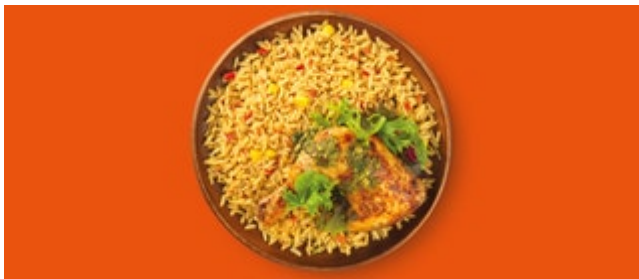
Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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