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:

Mixed Pepper, Chicken, 15 - 30 MIN, Stove Top, Quick & Healthy, Lunchboxes.

MORE RECIPES LIKE THIS



Stuffed Peppers

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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