Mexican Style Chicken Pitta
RECIPE

Mexican Style Chicken Pitta



TIME	25 mins
INGREDIENTS	13 items
MAKES	2 servings

Super easy Mexican style chicken pitta that will fill you with flavour in no time and perfect for lunch too.

INGREDIENTS

- Ben's Original™ Mexican Style Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts
- ½ tsp Paprika
- ½ tsp Dried Oregano
- ½ tsp Ground Cumin
- ¼ tsp Onion Powder
- ¼ tsp Garlic Powder
- 2 Tomatoes, seeds removed and chopped
- 1 small Red Onion, chopped
- Small handful of Coriander, chopped

- 1 Avocado, stone removed and sliced
- 2 Pitta or Tortilla wraps

INSTRUCTION

1. Place the chicken breasts between two pieces of greaseproof paper and flatten with a rolling pin until they are an even thickness. Then cover with the oil along with all the dried spices and herbs.
2. Place a frying pan on a medium heat and add the chicken. Pan fry for 10-12 minutes until golden brown and cooked through, turning half way.
3. Mix together the tomato, onion and coriander with seasoning. Slice or chop the chicken into desired pieces and begin to construct your pitta with alternating layers of salad, avocado and chicken. The Ben's Original™ rice can be heated according to pack instructions and added to the pitta or served on the side.

NUTRITION

Amount Per Serving

- Calories 566
- Carbohydrates (g) 70
- Cholesterol (mg) 94
- Dietary Fiber (g) 7.1
- Energy (kJ) 2388
- Protein (g) 43.3
- Sugars (g) 6.8
- Total Fat (g) 11.2
- Saturated Fat (g) 2.1
- Salt (g) 1.14
- Sodium (mg) 456
- Trans Fat (g) 0

Categories:

Chicken, 15 - 30 MIN, Mexican Style, Stove Top, Lunchboxes, Easy family dinners

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Mexican Salad

Cooking time

20 mins

Ingredients

12 items



Chilli con carne

Cooking time

40 mins

Ingredients

13 items



Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items

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