



COME ON

LET'S
DO
THIS

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions
fruit & veg
per serving

2

Chicken shish kebab in wholemeal pitta

For more tasty recipes with a healthy boost, visit lets-dothis.org.uk

Recipe includes a healthy boost

Serves 4 | prep 20 mins | cook 5 mins

Chicken shish kebab in pitta

Like a visit to the kebab shop without the guilt! Each kebab includes a **healthy boost** of extra vegetables. Cook cubes of spiced chicken on skewers, and add red peppers and courgettes for plenty of colour and flavour.

Ingredients

- 320g skinless boneless chicken breast, cut into cubes
- 4 skewers
- 80g lettuce leaves
- 80g cucumber, sliced
- 2 fresh tomatoes (160g), sliced
- 4 wholemeal pitta breads.

Healthy boost ingredients

- 1 large onion (160g), cut into chunks
- 2 large red pepper (160g), cut into chunks
- 1 large courgette (160g), cut into chunks.

Top tips

- If using wooden skewers soak in water for 10 minutes before using so they don't burn.

Method

1. Thread the chicken onto 4 skewers, alternating with chunks of onion, pepper and courgette
2. Place the skewers under a hot grill for 4–5 minutes, turning regularly until cooked (the chicken juices run clear)
3. Meanwhile, lightly toast the pitta breads then stuff with lettuce, cucumber and tomatoes
4. Add the skewers and serve.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
328	3.2g	0.5g	8g	1.1g
16%	5%	3%	9%	18%

%= an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.