

Mango Chicken Pittas

This is a delicious quick snack to make and enjoy for lunch and for picnics!



Egg, milk, mustard and wheat (gluten)*

Nutritional information per portion (192g):

Energy 1600kJ 379kcal 19%	Fat 10g 14%	Saturates 1.8g 9%	Sugars 8.3g 9%	Salt 0.9g 15%
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of an adult's reference intake.
Typical values per 100g: energy 833kJ/197kcal.

Equipment

Chopping boards x 2
Sharp knife x 2
Frying pan
Measuring spoons
Spatula or wooden spoon
Can opener (optional)
Mixing bowl
Mixing spoon
Colander

Ingredients

Serves 4

2 chicken breasts
1 x 15ml spoon vegetable oil
1 ripe fresh mango OR
1 x 400g can mango in
own juice
2 x 15ml spoons reduced-fat
mayonnaise
1 x 5ml spoon curry powder
4 lettuce leaves
8 mini pittas OR 4 large
pittas

Serves 10

5 chicken breasts
2 x 15ml spoons
vegetable oil
3 ripe fresh mangoes OR
2 x 400g cans mango in
own juice
5 x 15ml spoons reduced-fat
mayonnaise
2 x 5ml spoons curry
powder
10 lettuce leaves
20 mini pittas OR
10 large pittas

*Presence of allergens can vary by brand –
always check product labels. If you serve
food outside the home you must make
allergen information available when asked.



Top Tips

- Make sure you use a different chopping board and knife for the chicken and the mango.
- If you don't have access to a hob or grill, use pre-cooked chicken pieces. Alternatively, wrap each chicken breast in foil and roast in the oven until cooked before dicing.
- Make sure the mangoes are ripe, otherwise they are hard and are difficult to peel and de-stone.

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Method

1. Dice the chicken into small 2cm pieces. Wash your hands after touching raw chicken.
2. Heat the oil in the frying pan and cook the chicken until it has turned from pink to white.
3. Peel the mango and remove the stone. Chop into cubes the same size as the chicken. If using canned mango, open the can, drain away the juice and cut into cubes.
4. Mix the mayonnaise and curry powder in a bowl. Then stir in the chicken and mango.
5. Wash, dry and tear up the lettuce leaves.
6. Under a grill or in a pan, lightly toast the pitta bread.
7. Slice the pitta open, fill with the chicken and mango mixture and lettuce leaves and serve.

Something to try next time

- Why not add some watercress to the chicken and mango mixture to add extra colour and contribute even more towards your 5-a-day?

Prepare now, eat later

- Make the chicken mixture up to 24 hours ahead and keep in the fridge but be careful that the chicken is cold before adding to the mayonnaise.
- Fill the pittas just before serving.

Skills used include:

Washing, measuring, peeling, chopping, mixing/combining, frying and serving.