

Mango Chicken Pittas



This recipe would make a great weekend lunch or a speedy meal after school.



A! Dairy and Wheat. Mayonnaise may contain egg

Equipment

2 x chopping boards
2 x sharp knives
Frying pan
Spatula or wooden spoon
Can opener (optional)
Measuring spoons
Mixing bowl
Mixing spoon
Colander

Ingredients

Serves 4

2 chicken breasts
1 x 15ml spoon vegetable oil
1 ripe fresh mango or ½ x 400g can of mango in own juice
2 x 15ml spoons reduced-fat mayonnaise
½ 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 mangos or 2 x 400g cans of 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

Method

1. Dice the chicken into small cubes.
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.

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.
- Make sure the mangoes are ripe, otherwise they are hard and are difficult to peel and de-stone.

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 five-a-day?

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