

**PESTO CHICKEN PITA POCKETS**

Roasted chicken and veggies are tossed in pesto and served in a pita pocket.

🕒 15 hours

🕒 20 hours

🍴 4 portions

INGREDIENTS

- 2 Large Chicken Breast
- 2 tablespoons of oil, olive, salad or cooking (27 g)
- 1/2 cup, chopped of red onions, raw (80 g)
- 1 cup, chopped of capsicum, red, raw (149 g)
- 1 cup, chopped of zucchini, includes skin, raw (124 g)
- 80 grams of basil pesto ready-to-serve, refrigerated
- 4 large pitas pockets whole-wheat (256 g)

COOKING METHOD

- 1° Heat oven to 220 degree celsius
- 2° Toss chicken breast with olive oil and salt & pepper and arrange on a baking pan.
- 3° Roast for 10 minutes, flip everything and return to the oven.
- 4° Cook the veggies for 10-15 more minutes (20-25 min total), until cooked to your liking.
- 5° Cook chicken for another 15 minutes (25 min total), and allow to rest for at least 10 minutes before slicing into strips.
- 6° Place the chicken slices and vegetables in a large bowl with the pesto, stir to coat.
- 7° Divide amongst 4 storage containers, with pita separate.
- 8° Don't cut the pita in half until just prior to serving. Open the pocket and spoon filling into the pocket.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (379 g)	% DRI
ENERGY	151 kcal	574 kcal	29 %
FAT	5 g	21 g	32 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	39 mg	146 mg	49 %
SODIUM	128 mg	485 mg	20 %
CARBOHYDRATE	11 g	43 g	14 %
SUGARS	2 g	6 g	—
FIBER	2 g	6 g	23 %
PROTEIN	14 g	54 g	—