

**CHICKEN, ZUCCHINI AND RICOTTA POCKET**

🕒 10 minutes

🕒 15 minutes

🍴 1 portion

INGREDIENTS

- 1/2 zucchini, thinly sliced lengthways (162 g)
- 1 large pita bread, wholemeal (64 g)
- 50 grams of ricotta, reduced fat
- 1 cup of baby spinach, raw (30 g)
- 80 grams of chicken breast
- 1 tsp of olive oil, [5 g]

COOKING METHOD

- 1° Lightly coat zucchini in oil, and cook in non-stick frying pan over medium heat for for 4-5 minutes until lightly brown and tender. Remove from frying pan.
- 2° Lightly coat chicken breast in oil, and cook in non-stick frying pan over medium heat for roughly 10 minutes until cooked through and golden brown. Ensure to turn both sides.
- 3° Cut pita pocket in half crossways and gently open to make a pocket. Spread ricotta inside of pocket.
- 4° Fill pocket with zucchini, chicken and spinach. Season with pepper and salt. Serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (390 g)	% DRI
ENERGY	104 kcal	407 kcal	20 %
FAT	3 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	19 mg	74 mg	25 %
SODIUM	100 mg	392 mg	16 %
CARBOHYDRATE	11 g	44 g	15 %
SUGARS	2 g	6 g	—
FIBER	2 g	6 g	25 %
PROTEIN	8 g	33 g	—