Dinner

Curried chicken pittas with apricot and mango

Sliced chicken is folded through a creamy curry dressing with sweet apricots, mango, spring onions and rocket, then piled into warm wholemeal pittas.



Low fat

20 min	393	47.6 g	17.6 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 tsp half-fat crème fraiche
- [ ] 4 tsp low-fat natural yogurt
- [ ] 1 tsp medium curry powder
- [ ] 1 tbsp fresh coriander
- [ ] 1 large (200g), boneless, skinless chicken breast, cooked and sliced
- [ ] 3 fresh apricots, sliced
- [ ] 1 mango, peeled and sliced (150g)
- [ ] 3 spring onions, chopped
- [ ] 60 g rocket salad leaves
- [ ] 2 wholemeal pittas (70g each)

Method

- [ ] **1** Stir the half-fat crème fraiche, low-fat natural yogurt, medium curry powder and fresh coriander together in a bowl to make a creamy dressing.
- [ ] **2** Gently fold in the sliced cooked chicken breast, sliced apricots, peeled sliced mango, chopped spring onions and rocket salad leaves until everything is evenly coated.
- [ ] **3** Toast the wholemeal pittas, split them open and spoon the fruity chicken filling inside.

Nutrition Facts

Per serving

Calories	**393**
Total fat	4.3 g
Saturated fat	1.2 g
Sodium	Not listed
Total carbs	47.6 g
Fiber	10.5 g
Total sugars	17.6 g
Protein	35.8 g

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