

# Lunchbox Laughter

## A Pita-tastic time



### Pesto Pitas

#### Ingredients:

- 1 Whole meal pita bread
- Chicken breast
- 1 tsp pesto
- 3 cherry tomatoes
- ¼ red peppers.
- 1 spring onion
- Handful spinach

#### Equipment:

- Knife
- tea spoon
- Chopping board
- Grill pan
- Toaster/Grill



#### Method:

1. Grill the chicken breast on either side until cooked through and allow to cool
2. Slice the cherry tomatoes, pepper and spring onions.
3. Once cooled, slice the chicken into strips
4. Put the pita bread in the toaster to heat up and add that extra crunch.
5. When the pita has popped from the toaster slice in half width ways to create a pocket.
6. Add a tsp of pesto and spread evenly inside the pita.
7. Stuff the pita with chicken, tomatoes, peppers and spring onion
8. Enjoy!!!

The chicken can be replaced with ham, tuna or cheese. You could also add additional vegetables such as grated carrot and cucumber for extra taste!

### Pita Pizza

#### Ingredients:

- 1 pita
- 2 tsps tomato puree
- Mozzarella or cheddar cheese
- Vegetables i.e. mushroom, peppers, onions, sweet corn
- Meat or fish i.e. tuna, ham, chicken

#### Equipment:

- Knife
- Spoon
- Chopping board

#### Method:

1. Slice a pita in half so a pocket is formed.
2. Using a spoon spread the tomato pizza sauce inside each pita half.
3. Spoon the cheese equally into the two pita halves.
4. From the selection of vegetables and meat / fish evenly distributed amongst the two halves
5. Either serve cold or heat up under the grill until pita pockets are golden brown.