

CORONATION CHICKEN POCKETS



Coronation chicken was first served up in 1953 at Queen Elizabeth II's coronation lunch in England. For a quick, balanced lunch, why not try this delicious recipe in pitta pockets – or alternatively, serve it with a salad or as a jacket potato topping.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; cut using bridge/claw technique safely; use a citrus squeezer/zester; season to taste; garnish and decorate.

Equipment: Bowl, measuring spoons, chopping board, knife, bread knife, citrus squeezer, spoon.

Allergens*: Wheat | Gluten | Mustard | Eggs | Milk | Sulphites | May contain Sesame | May contain soya

Ingredients (serves 2):

- 1 small cooked chicken breast
- 2 wholemeal pitta breads
- 1 tbsp low fat mayonnaise
- 1 level tbsp fat free Greek yoghurt
- 1 tsp mango chutney
- Juice and zest of half a lime
- 1 tsp mild curry powder
- ½ tsp coriander
- 1 tbsp sultanas
- Black pepper
- 4 large lettuce leaves

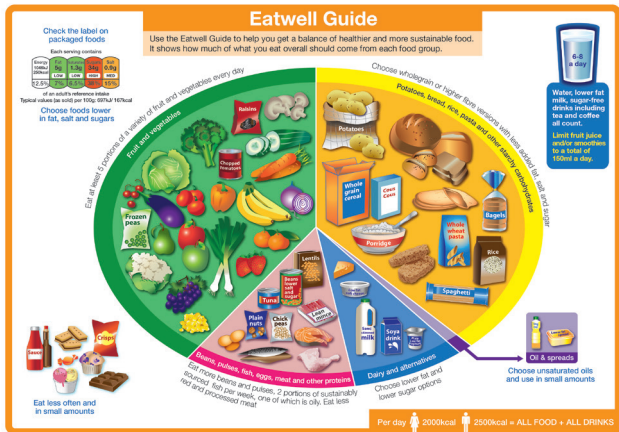
Method

1. Cut the chicken into small bite sized cubes.
2. Put all of the ingredients (except the chicken, pitta, sultanas and lettuce) into a bowl and mix them together well.
3. Add the diced chicken and sultanas and mix again.
4. Cut the pitta breads longways to make a pocket.
5. Slice the lettuce into strips and put it in the pitta pocket.
6. Spoon the coronation chicken on top and serve.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



CORONATION CHICKEN POCKETS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 219g serving

ENERGY
1546kJ / 367kcal **18%**

MED **FAT**
7.5g **11%**

LOW **SATURATES**
1.3g **7%**

MED **SUGARS**
12.0g **13%**

MED **SALT**
1.4g **23%**

% of an adult's reference intake

Typical values per 100g : Energy 706kJ /167kcal

So, thinking about Coronation Chicken Pockets...

Pitta bread is a healthy source of complex carbohydrates. Choose wholemeal varieties to add extra fibre to your diet.

Chicken is high in protein, and is a good source of B vitamins. Without the skin chicken breast meat is low in fat and calories.

Yogurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones. It is also a good source of protein.



Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.