

Chicken & Vegetable

Serves 15 people

Ingredients

- ◆ 7 lb chicken breast
- ◆ 7 courgette
- ◆ 2 garlic bunches
- ◆ 7 onions
- ◆ 2 tbs of crushed chili's
- ◆ 2 tbs salt
- ◆ 1 tbs mustard seeds whole
- ◆ cheese



Instructions

1. Wash the courgettes and cut from the middle, length wise.
2. Cut very thin pieces, never peeling the skin.
3. Cut the breast in thin strips.
4. Wash and leave to drain in a sieve.
5. Peel the onions and dice.
6. Place the onions in a saucepan, followed by half cup of water, salt and chili's.
7. Leave on full heat and stir for 5 minutes.
8. Add chicken and stir on full heat for further 5 minutes.
9. Add courgettes and stir on full heat.
10. Add peeled crushed garlic and mustard seeds.
11. Leave to simmer until all the water has disappeared.
12. Cut Pitta bread in two pieces.
13. Heat on the rack to open.
14. Fill the Pitta bread with the chicken. Add cheese to finish

Enjoy!

These recipes have been developed by ladies in the community, sharing their skills, promoting healthy eating. For more recipes visit www.dostigroup.co.uk