

"Charlotte Kidd Eats" Harissa Chicken Pittas

Ingredients

Product	Quantity
Chicken Breast Fillets	340.00 g
4 Carrots	60.00 g
2 Whole Beetroot	200.00 g
1 Can of Chickpeas	400.00 g
6 Plain Pitta Breads	40.00 g
6 Cherry Tomatoes	60.00 g
1/2 Red Onion	55.00 g
1/2 Bunch of Coriander	10.00 g
1/4 Cucumber	30.00 g
1 Jar of Harissa Paste	180.00 g
4 Tbsp of Tahini	40.00 g
Juice of 1 Lemon	2.00 g
2 Tbsp Olive Oil	20.00 g
Salt	1.00 g
Pepper	1.00 g

Serves: 2

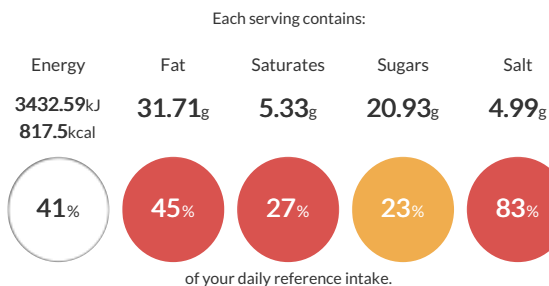
Allergy Information

Key: Contains May Contain

Dietary Information

Key: Suitable for

Reference Intake



Nutritional Summary

Energy	3432.59kJ 817.5kCal
Protein	67.11g
Carbohydrates	58.44g
of which sugars	20.93g
Non Milk Extrinsic Sugars	0g
Fat	31.71g
of which saturates	5.33g
Fibre	17.26g
Salt	4.99g
Sodium	1.08g
Iron	3.47mg
Calcium	165.22mg
Zinc	1.53mg
Folate	177.43µg
Vitamin A	0µg
Vitamin C	13.61mg

Method & Recipe Notes

Cover your chicken breasts and carrots in the Harissa paste on the morning to allow them to marinate. Roast your beetroots and marinated carrots for 45 mins in the oven on 180 degrees. Chop up 1/2 red onion, cherry tomatoes, 1/4 cucumber, 1/2 tin of drained chickpeas, coriander and mix with olive oil and salt & pepper to taste. Mix 2 tablespoons of tahini with some boiling water to create a paste, add a squeeze of lemon and salt/pepper. Heat up a griddle pan and add your marinated chicken breast for a few minutes on each side to get some colour, then transfer to the oven for a further 20 minutes. Remove the beetroot from the oven when ready and allow to cool. Add the other 1/2 of drained chickpeas, 2 tablespoons of tahini, the cooled beetroot, 1/2 lemon juice, garlic powder and salt & pepper to the blender to whizz up. (Add a little water or olive oil to help loosen). Take your chicken out and give it about 5 minutes to rest before shredding up. Whilst waiting for your chicken, re-heat the washed griddle pan and add your pitta breads to warm up. Plate up everything and enjoy!

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