

HI GOOD LOOKING

It's time to get cooking



Lebanese Chicken & Salad Pitas

Serves: 6

Cooking time: 30 mins

INGREDIENTS

SPICE MIX

2 teaspoons ground cumin

2 teaspoons turmeric powder

2 teaspoons ground coriander

2 teaspoons garlic powder

2 teaspoons paprika

1/2 teaspoon chilli powder

Salt

8 Boneless, skinless chicken thighs

1 Large onion, thinly sliced

1 Large lemon, juice of

1/3 cup extra virgin olive oil

TAHINI SAUCE

1-2 Garlic cloves, crushed

1/2 teaspoon salt

1/2 cup tahini paste

1/2 cup freshly squeezed lime juice

1/4 cup cold water, more if needed

1 cup freshly chopped parsley leaves, stems removed first (optional)

TO SERVE

Sliced pickled onion

Rocket leaves

Chopped tomato

Cubed cucumber

METHOD

TAHINI SAUCE

1. Add the crushed garlic, tahini paste and lime juice to the bowl of a food processor and blend until smooth. It will be thick as it emulsifies.
2. Add a little bit of water and blend again. Continue to add water until you reach the desired consistency.

METHOD

1. In a bowl mix all the spices together and set aside.
2. Cut the chicken into thin strips, pat dry, and season on both sides.
3. Place the chicken in a large bowl. Add the spices and toss to coat. Add the onions, lemon juice and olive oil. Toss well to combine everything. Cover and refrigerate for 1 hour or longer.
4. Heat a large frypan over moderate heat, add oil and cook the chicken in batches until cooked through. Remove from pan.
5. To serve, open pita pockets up. Spread a little of the tahini sauce, add cooked chicken/ onion mix, rocket, tomato, pickled onions.

Serve immediately!

