

FROM CAN TO PAN – RECIPE EPISODE 7

RECIPE: CHICKEN AND PINEAPPLE PITA POCKETS

Ingredients:

1 pack of chicken strips
A few rashers of bacon, chopped up
Salt
Cornflour (maizena)
Olive oil for frying
1 brown onion, sliced thinly
1/4 cup mayonnaise
2 teaspoons water
2 teaspoons wholegrain mustard
Pita bread pockets
Lettuce leaves
Tinned pineapple chunks cut into small pieces
2 small tomatoes, thinly sliced

Method:

1. Toss the chicken strips into a mixture of cornflour seasoned with salt and lightly coat.
2. Heat oil in a large, non-stick frying pan and cook the onion and bacon bits until ready.
3. Brown and cook the chicken strips.
4. Combine the mayonnaise, the mustard and water in a small bowl.
5. Open the pitas and fill with the mayo mixture, the chicken, the bacon and onion.
6. Garnish with tomato and lettuce.



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