

Lunch

RECIPE CARD

Loaded Pitta (Serves 4)

RECIPE NAME

Lunch

MEAL TIME

20 minutes

PREP TIME

0 minutes

TIME TO COOK

These are the perfect lunch box treat!

Grilled Halloumi would make a great filling too - remember to use a low fat version

NOTES

Approx 200kcal
Per Pitta

CALORIES

INGREDIENTS

- ★ 1 Red Onion, thinly sliced
- ★ Juice and zest 1 Lemon
- ★ 1tsp dried Oregano
- ★ ½ clove Garlic, chopped
- ★ 1tbsp Extra Virgin Olive Oil
- ★ 3 Tomatoes, chopped
- ★ 6 Green Olives, sliced into rounds
- ★ 2 sprigs Mint, leaves roughly chopped
- ★ 100g low-fat Greek Feta, crumbled
- ★ 4 Mini Pitta

METHOD



In a large bowl, mix together the cucumber, red onion and lemon juice. Set aside to pickle for 20 mins.



For the dressing, whisk the lemon zest, oregano, garlic and olive oil into the lemon juice. Season with a grind of black pepper.



For the Greek salad, mix the cucumber and onion pickle with the tomatoes, olives and mint. Gently stir through the feta. Cut the pittas in half and fill with the salad.



Drizzle a spoonful of the dressing into each pocket and serve 2 per person.