

Peri-Peri Chicken Pitta and Sweet Potato Wedges



Ingredients:

80g Natural Yoghurt
8g Soy Sauce
5g Ground Smoked Paprika
5g Dried Oregano
2 Pitta Breads, White or Wholemeal
2 Tablespoons Vegetable Oil
1 Chicken Breast
1 Medium Sweet Potato
1 Lemon
1 Red Onion
1 Tomato
1 Little Gem Lettuce
1 Garlic Clove
1 Teaspoon Caster Sugar
½ Teaspoon Dried Chilli Flakes
Salt

You will need a container to take your product home in.

Method:

1. Pre-heat the oven to 220°C or Gas 7.
2. Weigh and measure out all the ingredients accurately.
3. Cut the sweet potato (skin on) into wedges and add to a large bowl with 1 tablespoon vegetable oil and a generous pinch of salt and give everything a good mix up.
4. Add the wedges to a baking tray and put them in the oven for 20-25 min or until the wedges are tender and starting to crisp.
5. Peel and slice the red onion.
6. Place a large frying pan at the front of the hob, do not turn on.
7. Add ½ Tablespoon of vegetable oil and add the sliced red onion with a pinch of salt and 1 teaspoon caster sugar and cook for 3 to 5 minutes or until starting to soften. Stir with a plastic stirring spoon.
8. Place the chicken breasts onto a red chopping board and dispose of any packaging.
9. Place your hand flat onto the chicken breast. Slice in half as if you were cutting a burger bun, so you are left with 2 thinner pieces.
10. Cut each piece in half across the middle – these are your chicken pieces.
11. Peel and finely chop the garlic.
12. Cut the lemon in half.
13. Combine the smoked paprika, dried oregano, chopped garlic and chilli flakes on a plate.
14. Cut the lemon in half and juice.
15. Add to the plate the juice from the lemon, soy sauce and ½ tablespoon vegetable oil and mix to form a paste with a teaspoon.
16. Add the chicken pieces to the paste and mix until fully coated.
17. Once the caramelised onions have softened, push them to one side of the frying pan.
18. Add the coated chicken pieces to the other side of the frying pan and cook for 3 to 4 min on each side or until cooked through, this is the peri-peri chicken. There should be no pink meat, use a food probe to ensure the core temperature reaches 75°C.
19. Shred the little gem lettuce finely.
20. Slice the tomato.
21. Add the pitta breads to the tray with the sweet potato wedges and cook for 1 to 2 minutes until warm.
22. Cut the pitta bread in half and spread the inside with a dollop of natural yoghurt.
23. Stuff the pitta with the peri-peri chicken, caramelised onions, shredded lettuce and sliced tomato.
24. Serve the stuffed pitta with the sweet potato wedges and any remaining lettuce and sliced tomato to the side.