

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Non Veg

## Ingredients

- Serves 1
- For the stuffing
- 50 gms boneless chicken, cut into strips
- 1/2 tsp oil
- 1 small onion, chopped
- 1 clove of garlic, chopped
- <sup>1</sup>/<sub>2</sub> cup chicken stock
- 1/2 tsp chilli sauce
- 1 tsp fresh thyme
- Salt to taste
- 1 spring onion bulb, thinly sliced
- 1 tbsp curd
- 1 tsp curry powder
- Other Ingredient
- 1 whole wheat pita bread

## Preparation Method

- Method
- 1. Heat the oil in a non-stick pan, add onion and garlic, sauté on medium flame for 1 minute.
- 2. Add chicken and curry powder, chicken stock, mix and cook for 2 minutes.
- 3. Add chilli sauce, salt and thyme, mix well. Reduce the heat and cook till the chicken is done. Remove from flame and keep aside.
- · How to proceed
- 1. Heat the pita bread on a non-stick pan and cut in middle to open out the pockets.
- 2. Place the chicken stuffing equally in both the halves and top with curds, chilli sauce and spring onions and serve immediately.