



## Lebanese Style Pita Pocket

Serving: 1

Veg

### *Ingredients*

- Serves 1
- For the bread
- 1 no. whole grain pita bread
- For the stuffing
- $\frac{1}{4}$ th cup sliced yellow zucchini
- $\frac{1}{4}$ th cup sliced green zucchini
- $\frac{1}{4}$ th cup sliced red capsicum
- $\frac{1}{4}$ th tsp crushed black pepper powder
- $\frac{1}{4}$ th tsp extra virgin olive oil
- For the chilli hummus
- 1 tbsp boiled chickpeas
- $\frac{1}{2}$ th tbsp sesame seeds paste
- $\frac{1}{2}$ th tsp lemon juice
- 1 tsp red chilli sauce
- Salt to taste
- $\frac{1}{2}$ th tsp extra virgin olive oil
- For the garnish
- Alfa-Alfa sprouts for garnishing

### *Preparation Method*

- For the stuffing
- 1. Heat extra virgin olive oil in a non-stick grill pan, place the zucchini slices and capsicum slices evenly.
- 2. Sprinkle salt and pepper powder and cook till grill marks appear on both the sides. Remove from pan and keep aside.
- For the hummus
- 1. Grind together chickpeas, sesame paste, lemon juice, red chilli sauce, salt and olive oil to a smooth paste.
- How to proceed
- 1. Place the pita bread in the same grill pan and toss till the grill marks appear on both the sides.
- 2. Slit the grilled pita bread without cutting through, spread the chilli hummus on the inner side, place the grilled vegetables.
- 3. Place the prepared pockets on the serving plate, garnish with alfa-alfa sprouts and serve immediately.