



Curry Pita Bread with Chicken

serves 7

Magdalin Cheong & Daniel Yeo
Dietetic and Food Services
Changi General Hospital

This pita bread is deliciously fragrant and spicy, due to the use of curry powder and spices. Serve this as a light lunch or snack.

INGREDIENTS

Curry powder	2 Tbsp
Ground coriander	1 tsp
Chilli powder	1 tsp
Onion	½, peeled and finely chopped
Salt	a pinch
Garlic	2 cloves, peeled and finely chopped
Chicken breasts	250g (83/4 oz), skinned
Butterhead lettuce	7 leaves
Tomatoes	2, medium, thinly sliced
Cucumber	½, thinly sliced
Curry pita bread	

Curry Pita Bread

Bread flour	220g (8 oz)
Salt	1 tsp
Instant yeast	½ tsp
Low-fat milk	160 ml (5 1/2 fl oz / 3/5 cup)
Olive oil	2 tsp
Chilli flakes	3 tsp
Curry powder	2 tsp

METHOD OF PREPARATION

1. In a mixing bowl, combine curry powder, ground coriander, chilli powder, onion, salt and garlic. Rub into chicken breasts to season thoroughly and leave to marinate for 2 hours.
2. Preheat oven to 180°C (350°F).
3. Place chicken breasts on a lined baking tray and bake for 5 minutes, then reduce temperature to 160°C (325°F) and bake for another 12 minutes, or until juices run clear when thickest part of chicken is pierced with a fork. Remove from heat and leave aside to cool. When cooled, diagonally slice into 1-cm (½-inch) thick slices and set aside.
4. Prepare pita bread. In a large mixing bowl, combine flour and salt. Add yeast, milk, olive oil, chilli flakes and curry powder and knead until a soft dough is formed. Leave dough to proof at room temperature for 30 minutes.
5. Preheat oven to 200°C (400°F).
6. Divide dough into 7 equal portions. Leave to proof for another 10 minutes, then roll out to 0.5-cm (1/4-inch) thickness. Place on a baking tray and bake for 10–12 minutes, or until golden brown. Remove from heat and set aside to cool. Slice off one edge of each pita to make a pocket. Stuff with lettuce, chicken, tomato and cucumber slices. Serve warm.

NUTRITION INFORMATION per serving

Energy	193 kcal
Carbohydrate	28.4g
Fat	3.8g
Dietary Fibre	2g
Cholesterol	19.2mg