Mexican pita pocket

Recipe developed by WASCA

Traffic light category: Green
Serves: 10 (226g per serve)

Ingredients

- 10 Tortillas
- 200g salsa / napolitana sauce recipe
- 3 ½ cups chopped cooked chicken breast
- 7 cups loosely packed English spinach
- 2 ½ cups reduced fat grated cheese
- ½ cups diced avocado

Method

1. Lay tortillas flat and spread 1 tablespoon/20g of salsa in the middle of each tortilla
2. Place ⅓ cup of chopped cooked chicken breast on top of salsa
3. Place ¼ cup diced avocado and ¾ cup loosely packed English spinach on top of avocado in each tortilla
5. Sprinkle ¼ cup reduced fat grated cheese on top of English spinach in each tortilla
6. Fold each of the four sides in to, form an enclosed parcel
7. Place in a heated flat sandwich press, folded side down, for approximately 1-2 minutes or until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1499kJ	661kJ
Protein	25.7g	11.3g
Total fat	22.8g	10g
Saturated fat	8.3g	3.7g
Carbohydrate	10.2g	4.5g
Sugars	2.6g	1.1g
Dietary fibre	4g	1.7g
Sodium	530mg	234g