



Mexican pita pocket

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Traffic light category: **Green** Serves: 10 (226g)

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
4. Sprinkle ¼ cup reduced fat grated cheese on top of English spinach
5. Fold each of the four sides in to form an enclosed parcel
6. Place in a heated flat sandwich press, folded side down, for approximately 2-3 minutes or until golden.



 wasca@education.wa.edu.au

 08 9264 4999

 waschoolcanteens.org.au

