



# CRUNCHY SALAD PITTAS

## EQUIPMENT:

- Measuring spoons
- Party pan/frying pan
- Chopping board
- Chopping knife
- Large plastic bowls
- Wooden spoon
- Foil
- Small bowls
- Measuring scales

## TOP TIPS:

- You can use chopped apricots instead of raisins or sultanas

## INGREDIENTS:

- 2 tbsp lemon juice or white wine vinegar
- 1 tbsp olive oil
- 1 tbsp Dijon or wholegrain mustard
- ¼ of a small red cabbage, finely shredded
- 1 grated carrot
- 1 small red onion, thinly sliced
- 1 medium apple, cored and chopped
- 20gram sultanas or raisins
- 50g reduced fat hard cheese-cut into tiny cubes
- 1 pinch ground black pepper
- 4 wholemeal pitta breads

## PREP TIME:

- 15 minutes

## COOKING TIME:

- 15 minutes

## METHOD:

1. Slice pittas in half and wrap in foil.
2. Place in party pan with lid on until required.
3. Finely Shred the cabbage.
4. Grate carrot.
5. Finely slice red onion.
6. Core and chop apple.
7. Weigh raisins.
8. Chop cheese into small cubes.
9. Whisk together the lemon juice or vinegar in large bowl and add all ingredients (apart from pitta breads) and toss lightly.
10. Remove pittas from party pan carefully.
11. Unwrap and spoon mixture into pitta bread and serve.