



## So Juicy Garlic Fattoush

### Ingredients

- 30 g So Juicy Garlic seasoning
- 600 g chicken breast
- 350 g courgette
- 300 g Red onion
- 2 wholemeal pittas
- 350 g tomatoes
- 150 g Radishes
- 1 lemon
- 2 tablespoons Olive Oil
- 10 g Fresh Mint

### Instructions

1. Preheat your oven to 160c Fan /180c
2. Add the courgettes, red onion and chicken breasts to the bag and most of the garlic seasoning – keep back 1 tsp for later. Seal the bag and massage to spread the marinade, then place onto a baking tray.
3. Cook for 20-25 minutes or until the chicken is cooked through.
4. In a bowl, toss the pitta pieces with the reserved seasoning and a drizzle of oil. Give them a good mix to coat all the pitta pieces and spread out on to a baking tray.
5. Add the pitta pieces to the oven for the final 12 minutes of cooking time until they crisp.
6. Once the chicken and vegetables are cooked, leave to stand for two minutes before opening the bag. Carefully tip the contents of the bag onto the baking tray and use two forks to shred the chicken breasts into bite-sized pieces.
7. To make your salad dressing, mix together the lemon juice, olive oil and a pinch of salt and pepper.
8. Toss the vegetables, chicken and salad (tomatoes, radishes & cucumber) together with the dressing and serve up into bowls.
9. Garnish with the crispy pitta chips and mint leaves and serve.

### Nutrition

Carbohydrate	28.31 g
Energy	375.08 kcal
Fat	12.64 g

40 Minutes

4

Fibre	5.99 g
Protein	38.57 g
of which: saturates	2.31 g
Sodium	215.45 mg
of which: sugars	215.45 mg