

Mediterranean Chicken Pita Wraps



Mediterranean Chicken Pita Wraps



Serves: 10



Prep & Cook Time: 30 minutes

Ingredients

Tahini Sauce:

1/2 cup (125 mL) tahini paste
1/4 cup (60 mL) fresh lemon juice
2 tbsp (30 mL) olive oil
2 tsp (10 mL) ground cumin
1/2 tsp (2 mL) salt
1/2 cup (125 mL) warm water

Assembly:

30 oz (900 g) Reuven Fully Cooked Dusted Chicken Breast Chunks, (Product Code 10540)
10 whole wheat pocket pitas, halved
3 cups (750 mL) shredded lettuce
2 cups (500 mL) chopped tomatoes
2 cups (500 mL) chopped cucumber
1 cup (250 mL) chopped red onion
2/3 cup (150 mL) fresh parsley

Preparation Instructions

Tahini Sauce: Whisk together tahini, lemon juice, olive oil, cumin and salt. Whisk in warm water until smooth.

Assembly: Prepare Dusted Chicken Breast Chunks according to package directions. For each portion, divide 2.25 oz (60 g) cooked chicken chunks (about 7) between 2 pita halves. Top evenly with scant 1/3 cup (75 mL) shredded lettuce, 3 tbsp (45 mL) chopped tomatoes, 3 tbsp (45 mL) chopped cucumber, 1 1/2 tbsp (22 mL) chopped red onion and 1 tbsp (15 mL) parsley leaves. Drizzle with 2 tbsp (30 mL) Tahini Sauce.

