

TUNA PITA POCKETS

Serves: 2

Preparation time: 15 minutes



INGREDIENTS

- 4 small pita breads
- 225 grams/8 oz of tuna in spring water, or oil (try to avoid brine)
- 10 cm/4 inch piece of cucumber, peeled and diced
- 1 small crisp lettuce, shredded
- 1 red or green capsicum, diced
- 2 tomatoes, diced
- 2 tbsp mayonnaise
- 6 black pitted olives, chopped (optional)



EQUIPMENT

- Bowl
- Mixing spoon
- Knife
- Cutting board
- Microwave
- Plate (for serving)



METHOD

1. Drain the liquid from the tuna and break up into a bowl.
2. Add the capsicum, tomatoes and cucumber.
3. Put the mayonnaise into the mixture and stir thoroughly to combine all the ingredients. Do not mash the tuna, try to leave it a little 'chunky'.
4. Heat the pita breads (2 at a time) in the microwave for about 20 seconds, or until they are beginning to puff up. Remove and leave to cool.
5. Once cool enough to handle, put the tip of a sharp knife into one end of the pita and slice around half of it, leaving the bottom intact. The pita breads should open up without too much effort. Try not to split the bread.
6. Fill the bottom of the pita with lettuce, and then top with the tuna mix. Add the chopped olives, if required.

TOP TIPS

These are great for lunch or lunchboxes and very healthy. To make them is easy and the end result looks and tastes delicious. A little bit of France in a pocket!

