



15 mins

Allergens



WHEAT



MILK

Salad Utensils



Vegetable peeler



Bowl



Chopping board and sharp knife

Pizza Utensils



Baking tray



Oven gloves



Grater



Chopping board and sharp knife



Spoon

You will need...



80g pre-cooked chicken tikka slices



1 1/2 tsp tomato puree



15g light cheddar cheese



1 wholemeal pitta bread



1 tomato



1/2 a gem lettuce



1/4 whole cucumber



1/2 a red pepper



1/2 an apple



handful of rocket



1 tbsp olive oil

To make the salad...

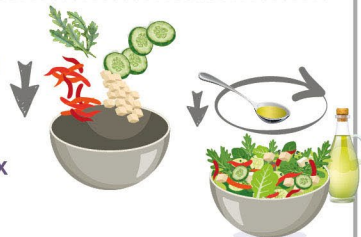
- 1 Rinse the lettuce under the tap and shake dry. Tear the lettuce up and put into a bowl



- 2 Slice the cucumber, chop the apple into small pieces and cut the pepper into strips



- 3 Add the cucumber, apple, pepper and a handful of rocket to the bowl. Pour in 1 tbsp olive oil and mix the salad together



Dinner Recipe

Chicken Tikka Pitta Pizza and Salad (Oven)

To make the pizza...

- 1 Pre-heat the oven to 180 degrees



- 2 Spread the tomato puree over the pitta bread



- 3 Grate the cheese and sprinkle on the pitta



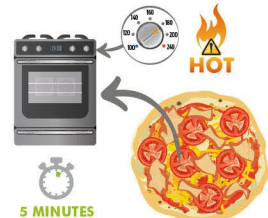
- 4 Thinly chop the tomato and arrange the tomato slices on top of the cheese



- 5 Arrange the chicken tikka slices on top of the tomato



- 6 Bake for 5 minutes or until the cheese is nicely melted



- 7 Pop onto your favourite plate and serve with the salad



Enjoy your Dinner!

