

Pita Pocket Sandwich

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-pita-pocket-recipe>

Ingredients:

- 500 grams boneless chicken cut into thin 1 inch strips
- 500 grams boneless chicken, cut into thin 1 inch strips
- 1 cup yogurt
- 1 cups yogurt
- 1/3 cup olive oil
- 1/3 cup cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoon lemon juice
- 1 tablespoon chilli powder
- 1 tablespoon chilli powder
- 1 paprika
- 1/2 tablespoon cayenne
- 1 tablespoon chilli flakes adjust to heat preference or skip
- 1 tablespoon red chilli flakes, adjust to heat preference or skip
- 1 salt 1/2 teaspoon, 1 1/2 teaspoon salt
- 1 tablespoon minced garlic
- 1/2 tablespoon minced garlic
- 1 tablespoon coriander powder
- 1/2 tablespoon coriander powder
- 1 tablespoon cumin powder
- 1/2 tablespoon cumin powder
- 1 teaspoon cinnamon
- 1/2 teaspoon cinnamon
- 1 teaspoon black pepper
- 1/2 teaspoon black pepper
- 1 medium onion
- 3/4 cup sliced onions, about 1 medium onion
- 1/3 small cabbage
- 3/4 cup sliced cabbage, about ? small cabbage
- 1 cup tomatoes about two medium tomatoes
- 1/2 cup tomatoes, about two medium tomatoes
- 1 cup capsicum any color you like
- 1/2 cup capsicum, any color you like
- 2 tablespoons vinegar
- 2 tablespoon vinegar
- 1 tablespoon sugar
- 1/2 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon salt
- 1 teaspoon pepper
- 1/4 teaspoon pepper
- 1 tzatziki sauce 1/4 cup, half of this recipe, optional
- 1 1/4 cup tzatziki sauce, half of this recipe, optional
- 5 pita breads
- 10 pita pockets
- 1 cup mayonnaise get my recipe here.
- ? cup mayonnaise, get my recipe here.
- 1 cup ketchup get my recipe here.
- ? cup ketchup, get my recipe here.
- 3 tablespoons garlic sauce
- 3 tablespoons garlic sauce
- 1 teaspoon Sriracha sauce

- 1 tablespoon mustard sauce or less½ tablespoon mustard sauce, or less

Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 132 grams
3. Cholesterol: 100 milligrams
4. Fat: 53 grams
5. Fiber: 9 grams
6. Protein: 46 grams
7. SaturatedFat: 10 grams
8. Sodium: 2850 milligrams
9. Sugar: 28 grams

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