

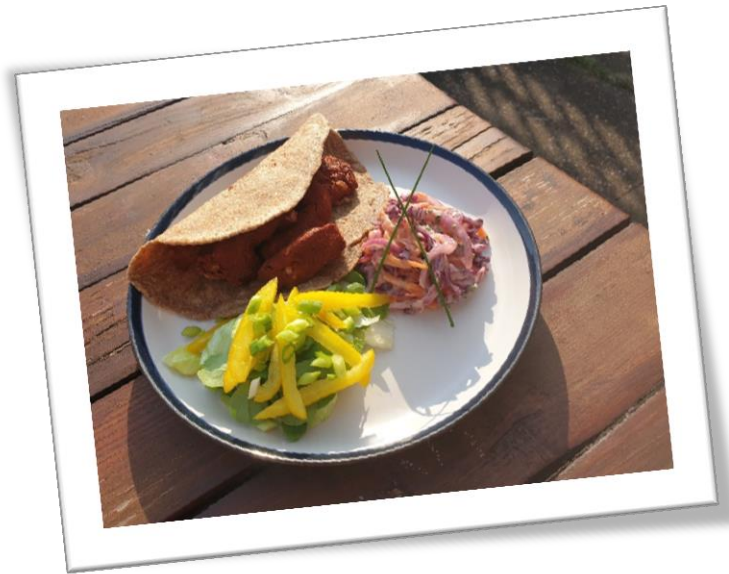
## Tandoori Friday night 'Fake-away' kebab

Serves 2-3

Cost= £3.24 Approximately. £1.62 per person

Ingredients:

Chicken thigh fillets	3-4 dependent on size
Tandoori bbq dry mix	4 Tbsp
Round lettuce	1/2
Onion red	1/2
pepper	1/2
Brown pitta breads	2



- Slice 3-4 chicken thighs into thin slices or small chunks, place in a mixing bowl with tandoori spice and leave to marinate for minimum 20 minutes.
- Whilst chicken is taking on its tandoori flavour; slice half a red onion, pepper and lettuce thinly put aside.  
(OPTIONAL- pre heat oven to warm pittas through or pittas can be heated before serving using the toaster)
- Spray chicken with low-calorie cooking spray. Place frying pan over a medium heat, wait for the pan to heat up.
- Add the chicken to the frying pan, should make a sizzling noise. Make sure chicken has cooked all the way through- white when cooked thoroughly. Depending on size of chicken slices will depend of cooking time.
- Slightly slice each top of the pitta bread to create a pocket- place pitta bread in the oven or toaster to heat through.
- Once pitta breads are warm place some lettuce, pepper and onion in the pocket along with some chicken and serve.

Optional extras: nice with either light garlic mayonnaise or Light mayonnaise

Optional Sides:

Homemade chips

- Cut potato into chips
- Coat with low-calorie cooking spray and place on a tray
- Cook at 180o for approximately 45 mins until crispy.

## Garlic + gluten free version

- Replace tandoori with salt pepper and 1 table spoon cumin powder and chicken stock cube.
- Replace pitta with salad or vegetable couscous.

## Vegetable couscous

100g couscous

½ Onion

½ pepper (any colour)

4 button mushrooms

1 tsp Mixed herbs (dry or fresh)

100-150 ml Chicken stock or boiling water

Salt and pepper to season (Optional)

- Dice pepper and onion to preferred size, quarter the mushrooms.
- Fry vegetables in low calorie spray until soft and slightly caramelised- add the herbs.
- Add the couscous. Pour over 200-250ml Chicken stock or boiling water until just covered. Cling film the bowl and leave to stand for 10 mins, then fluff up with a fork, adding more water if needed. (Couscous should be soft but not watery)

Any spice or vegetable can be added to this recipe, for example chilli, garlic (powder or fresh) to be added when cooking the vegetables.