

Open Pita Bread Sandwich

Serves 2

Quick and easy lunch

Ingredients

- 1 cup Chicken (cold, cooked and chopped)
- 2 sticks Celery (thinly sliced)
- 1 Apple (red apple, diced)
- 2 tablespoons Pecans (sliced)
- 2 Shallots (chopped)
- 2 tablespoons Mayonnaise (low fat)
- 2 Bread (pieces wholemeal Lebanese bread)
- 2 tablespoons Dijon Mustard



Method

1. Combine chicken, celery, apple, pecans, spring onions and mayonnaise.
2. Spread Lebanese bread with dijonnaise.
3. Pile chicken mixture onto bread and roll up.
4. Cut diagonally and serve.