

Let's Cook for our heroes

Rainbow pittas

1 tbsp olive oil
200g turkey breast steak, cut into strips (Veggie alternative)
pinch chilli flakes
1 red and 1 yellow pepper
deseeded and cut into strips
3 spring onions
trimmed and sliced
1 avocado
stoned, peeled and sliced
handful coriander leaves
2 wholemeal pitta breads, toasted and halved to form pockets
2 tbsp soured cream

Method

Heat the oil in a wok or large frying pan and fry the turkey and chilli flakes for 5-6 mins.
Add the peppers and spring onions and stir-fry until the turkey is cooked but the peppers still have crunch. Season.
Divide the avocado and coriander between the pitta halves, then spoon in the turkey and pepper mix.
Add a dollop of soured cream to each and serve straight away.

Try different bread such, as slices of baguette, Tortilla

