

RECIPES

Egg And Tomato Pitta Pockets

Prep: 5 mins + cooling

Cook: 7 mins

Serves 2

Ingredients

3 large Lion Quality eggs
2 tbsp low fat mayonnaise
1 tomato, deseeded and chopped
salt and freshly ground black
pepper
2 wholemeal pitta bread



1. Place the eggs in a medium pan of cold water. Place on the hob and slowly bring to the boil. When boiling simmer for 7 mins. Then drain, rinse in cold water and tap the shells all over, leave to cool.

2. When cold peel away the shells. Roughly chop the eggs and mix with the mayonnaise, tomatoes and seasoning. Cut each pitta bread in half, then use a knife to create a pocket in each half. Divide the egg mixture between the pitta pockets. Wrap in greaseproof paper and chill until required.

Recipe from Easy Eggs series at www.eggsedu.org.uk