# Easy chicken pittas

# Serves 4

400g pack chicken breast, cut into chunks
1 tbsp olive oil
1 tbsp turmeric
1 tbsp paprika
1 tsp chilli flakes (optional)
1 lemon, juiced and zested
2 peppers, deseeded and sliced
2 red onions, thickly sliced
20g fresh coriander
Sea salt and black pepper

To serve:

4 wholemeal pittas
200ml Greek yogurt
1 pack of wild rocket or a lettuce
[Low sugar tomato salsa](http://www.itv.com/goodmorningbritain/sugar-free-gmb/low-sugar-salsa-and-dips) (optional)

1. Place the chicken chunks in a bowl with 1 tsp of oil (reserving the rest) and all the spices and lemon. Toss well, then cover with cling film and chill in the fridge until ready to cook.
2. Heat the remaining oil in a large frying pan and stir-fry the pepper and onions for 5 minutes, until softened
3. Tip into a bowl and return the pan to the heat. Stir-fry the chicken gently for 7-8 minutes, until cooked through with no pink meat then return the vegetables to the pan.
Cook until sizzling.
4. Stir in the coriander and serve with warmed pittas, Greek yogurt, rocket and [salsa](http://www.itv.com/goodmorningbritain/sugar-free-gmb/low-sugar-salsa-and-dips)