



Egg and tomato pitta pockets

Preparation time:
5 minutes + time for cooling

Cooking time:
7 minutes

Serves:
4 (half a pitta each)

Equipment:

- Medium sized pan
- Bowl
- Spoon
- Knife
- Chopping board
- Plates or napkins for serving the pitta pockets

Ingredients:

- 3 large hard-boiled Lion Quality eggs
- 2 tbsp low fat mayonnaise
- 1 large tomato or 2 smaller tomatoes
- salt and pepper (seasoning)
- 2 pitta breads

Method

1. Place the eggs in a medium pan of cold water.
2. Place the pan on the hob and slowly bring to the boil.
3. Once boiling, simmer for seven minutes.
4. After seven minutes, drain the pan and rinse eggs in cold water and tap the shells all over.
5. Leave eggs to cool.
6. When eggs have cooled, peel away the shells.
7. Roughly chop the eggs and put them into a bowl.
8. Chop the tomato/es and also add them to the bowl.
9. Mix the chopped tomato/es and eggs with the mayonnaise and seasoning.
10. Cut each pitta bread in half (so that there are two 'pockets' for each pitta bread) and then use a knife to create a pocket in each half.
11. Divide the egg mixture between the pitta pockets.
12. Enjoy!

