

# CRUNCH TIME

## Roast Chicken Slaw Pockets



**Serve Information: 4 Sandwiches**

### INGREDIENTS:

160g Cabbage, shredded  
1 Small red onion  
1 Carrot, peeled  
1/2 Bunch flat-leaf parsley  
2 Pocket pita breads, cut in half  
200g Roast chicken  
1 Lemon  
2 Tbsp olive oil  
Salt  
Black pepper  
4 Tbsp plain Greek yoghurt  
1 Tsp Horseradish cream  
3 Chive pieces

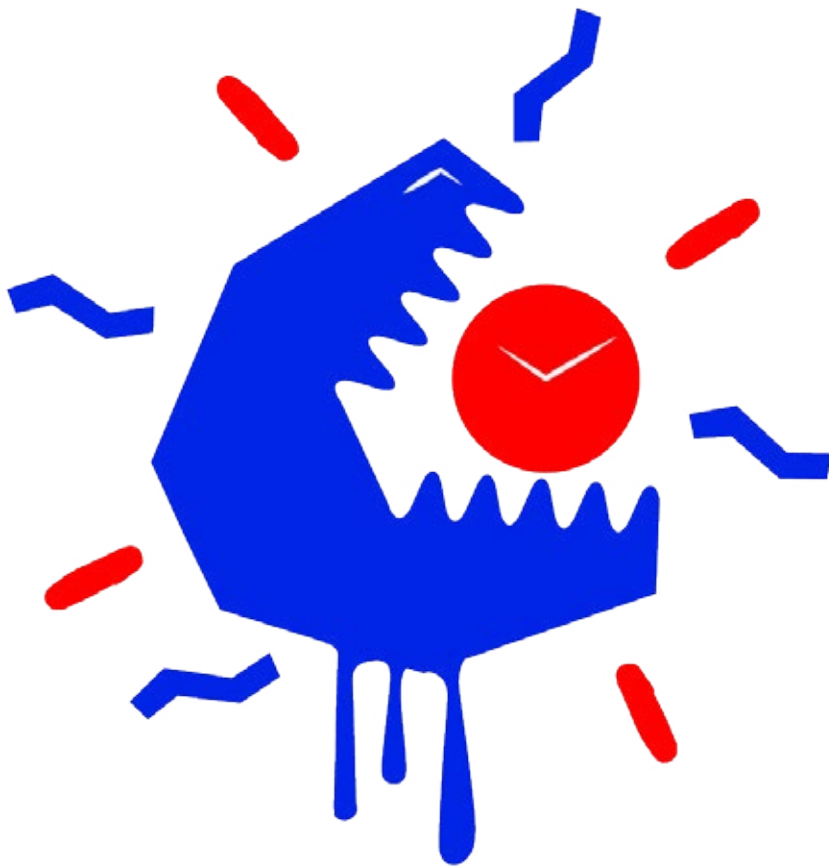
### EQUIPMENT:

Chopping board  
Sharp knife  
Box grater  
2 x mixing bowls  
Lemon juicer  
Whisk  
Tongs  
Scissors  
Serving plate



## METHOD:

1. To make the salad, with a sharp knife, slice the red onion and chop the parsley
2. With a box grater, shred the carrot
3. Mix the salad ingredients in a bowl
4. To make the dressing, squeeze the lemon juice
5. Using scissors, finely chop the chives
6. Whisk all the dressing ingredients in a bowl to combine
7. Pour the dressing over the salad and toss
8. Using hands, shred the roast chicken and toss through salad
9. Split the pita breads open. Fill the pockets with slaw and chicken
10. Serve on a plate



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