

Chicken Pockets

Malky Curland

Ingredients

Onion, thinly sliced

Red pepper, thinly sliced

Ground or chopped chicken

Taco spice + water

Pita Bread

Duck Sauce

Sesame Seeds

Adjust quantities to taste

Method

- 1. Fry thinly sliced onions.*
- 2. Add thinly sliced red pepper and fry some more.*
- 3. Add ground chicken and fry till brown.*
- 4. Add taco spice and water, cook till done.*
- 5. Fill a pita with the mixture. (Make a small hole or slit and push it in gently so it doesn't leak.)*
- 6. Brush top with duck sauce, sprinkle on sesame seeds and bake for about 20 min or until golden and toasty.*

