



POST WORKOUT SET RECIPE OPTION

Pitta pizza

INGREDIENTS (1 serving)

FREEZABLE

- 10ml (0.4 fl. oz) olive oil
- 300g (10.6oz) skinless chicken breast, cut into 1 cm strips
- 45g (1.6oz) white potato, peeled and thinly sliced
- few sprigs of fresh rosemary – leaves removed and chopped
- 2 pitta breads
- 115g (3.9oz) tinned chopped tomatoes
- 45g (1.7oz) feta cheese
- 165g (5.8oz) zucchini, sliced in half moons
- 2 good handfuls of green salad

This is the ultimate cheat pizza – just chuck all the ingredients on the pitta and you're off.

METHOD

Heat the grill to maximum.

Heat the oil in a wok or large frying pan over a medium to high heat. Then fry the chicken for 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking, whack the potato in the microwave for 2-3 minutes until just turning soft. When soft throw in the pan with the chicken, sprinkle in the rosemary and cook the potato until it starts to crisp up.

Now you can assemble your pizza. Start by toasting your pitta under the grill for 1-2 minutes, then top with the tinned tomato, chicken and potato mix, cheese and zucchini. Whack under the grill again for 1-2 minutes then serve with your green salad.