

LUNCH

TUNA AND CHICKPEA PITTAS



SHOPPING LIST:

- 2 wholemeal pitta breads
- 1 can of tuna
- ½ can of chickpeas
- ½ pepper
- 2 tbsp. of Greek yogurt
- 1 tbsp. of lemon juice
- Handful of baby spinach leaves

COSTING: *£1.64 per pitta


NUTRITIONAL INFORMATION:

Calories: 298kcal |
Carbohydrates: 36.3g |
Protein: 27.6g | Fat: 2.8g |
Saturated Fat: 0.6g | Salt: 1g
| Fibre: 10.3g | Sugar: 6.2g

Tuna is a great source of protein and omega-3 fatty acid; essential for a child's developing brain as well as improve numerous heart disease risk factors. Chickpeas are a source of protein, and a rich source of vitamins, minerals and fibre. The wholemeal pitta a source of carbohydrate and fibre, while Greek yogurt provides protein, calcium, iodine, and potassium. Peppers a source of vitamins A and C, and spinach rich in vitamin K important for maintaining bone health as well as magnesium, iron, vitamin B and folate.

Preparation time:	Cook time:	Servings:
10 mins	0 mins	2

DIRECTIONS:

			
1. Gather ingredients, drained the chickpeas and tuna.		2. Dice the pepper and add to the tuna and chickpeas	
			
3. Mix together the Greek yogurt and lemon juice		4. Mix all together	
			
5. Cut open the pitta and add a layer of spinach		6. Fill the pitta with the tuna and chickpea mixture	

*Average supermarket pricing as of March 2021