



Recipe

Ham and Fresh Coleslaw Pittas

Ingredients

- 150g firm white cabbage, finely shredded.
- 1 carrot, grated.
- 2 spring onions, finely chopped.
- 2 tbsp. low-fat natural yoghurt.
- 4 wholemeal pitta breads.
- 4 slices lean roast ham.
- 1 pinch ground black pepper.
- 2 handfuls cherry tomatoes
- ¼ cucumber, sliced.

Step 1

Mix together the cabbage, carrot and spring onions. Add the yoghurt and stir together. Season with black pepper.

Step 2

Warm the pittas in a toaster or under the grill. Split them open and stuff each one with a slice of ham and the coleslaw.

Step 3

For a vegetarian version, omit the ham and add 40g reduced-fat hard cheese to the coleslaw, either grated or cut into tiny cubes.

Serve each pitta with cherry tomatoes and cucumber.