

Falafel Crusted Chicken with Hummus Slaw

(serves 4)



Ingredients

- Cooking Spray/oil
- 3 skinless/boneless chicken breasts
- 1 tablespoon extra virgin olive oil
- $\frac{1}{2}$ cup falafel mix
- 2 wholewheat pitas halved
- 6 tablespoons hummus
- Grated zest and juice of 1 lemon
- $\frac{1}{2}$ teaspoon harissa or other hot chilli paste
- 4 cups shredded coleslaw mix
- 6 radishes halved and thinly sliced
- 1 cup chopped fresh parsley
- Salt

Method

- Preheat oven to 225 degrees
- Lay sheet of baking parchment on an oven tray, spray with cooking spray
- Slice chicken into thick strips (like goujons) and toss in the olive oil and falafel mix until coated.

- Lay chicken on the prepared tray and bake in the oven for 12 minutes
- Stack the pitas in half, wrap in tin-foil and warm in over for 3-5 mins
- Mix the hummus, lemon zest, juice, harissa paste and water in a bowl.
- Remove 2 tablespoons of hummus sauce and reserve.
- Mix together the coleslaw mix, radishes and parsley to the remaining hummus sauce and season with salt.
- Drizzle cooked chicken with reserved hummus sauce and stuff in the pitas with slaw mix. Enjoy!