

Skinny Hummus and Feta Chicken Flatbread

These skinny hummus and feta chicken flatbreads are so quick and easy to make, you'll be noshing on them every night. Ready in minutes and made with light ingredients, these flatbreads are an easy go-to when you don't feel like spending all day over the stove. All the flavours of the Mediterranean in one easy meal.

Makes: 4 flatbreads

Ingredients:

- 500g skinless, boneless chicken breasts, thinly sliced into strips
- 200g low-fat hummus
- 200g low-fat plain Greek yogurt
- 100g low-fat feta cheese
- 100g fresh rocket
- 4 premade pita breads
- 1 large tomato, cubed
- 1 large cucumber, cubed
- 1 small red onion, diced
- 1 tsp ground cumin
- 1 tsp fine salt
- 1 tsp ground black pepper
- 1 Tbsp olive oil



Instructions:

1. Set your oven to grill and prepare 1-2 baking trays.
2. Toss chicken with cumin, salt and pepper into a medium bowl.
3. In a large pan heat the olive oil on a high heat.
4. Add the seasoned chicken and cook, stirring occasionally, until lightly browned and cooked through, +/- 5 minutes.
5. Remove the chicken from the heat and set to one side.
6. Place the pita bread into the oven and grill for +/- 2 minutes until warmed.
7. Remove the pita breads from the oven and place onto a work surface.
8. Divide the hummus and yoghurt evenly across the 4 pitas and use the back of a spoon to evenly distribute them across the breads.
9. Top the bread with rocket, onion, cucumbers, tomato and chicken.
10. Finish with crumbled feta and serve.