



# Pitta crisps with salsa and guacamole

Serves: 4

## Time

Preparation time 20 minutes

Cooking time 7 minutes

## Ingredients

### Ingredients for the crisps

- 2 pitta pockets
- low-calorie spray oil
- a pinch of paprika

### Ingredients for the salsa

- 4 ripe tomatoes
- 3 scallions (spring onions), finely chopped
- 1 red chilli, deseeded and finely chopped (or pinch of dried chilli flakes)
- 1 garlic clove, crushed
- juice of  $\frac{1}{2}$  a lime
- a small handful of coriander, finely chopped
- freshly ground black pepper

### Ingredients for the guacamole

- 1 large ripe avocado
- 1 clove garlic, crushed
- 1 mild red chilli, seeds removed and sliced (or a tiny pinch of dried chilli flakes)
- juice of 1 lime
- freshly ground black pepper
- 1 tablespoon low-fat crème fraîche





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## To serve

- 1 red pepper, cut into sticks
- $\frac{1}{4}$  cucumber, cut in half, seeds removed and cut into sticks
- 1 small packet of baby sweetcorn
- $\frac{1}{2}$  packet of cherry tomatoes

## Method

### For the crisps

1. Preheat the oven to 180°C or gas mark 4.
2. Cut each pitta pocket into 1 inch strips and separate into two single layers.
3. Place onto a baking sheet (split side up), spray with oil and sprinkle with a little paprika.
4. Bake in the oven for 5–7 minutes until golden brown (keep watching the crisps as thin strips will bake much more quickly than thicker ones).

### For the salsa

1. Cut the tomatoes into quarters, remove the seeds, then roughly chop the flesh and place into a bowl.
2. Simply add the remaining ingredients and mix together. If time permits, allow to stand for 30 minutes to let the flavours develop.

### For the guacamole

1. Cut the avocado in half around the stone and then remove the stone with a spoon.
2. Peel off the avocado skin and place the flesh into a mixing bowl and mash with a fork. Add the garlic, chilli, lime juice, pepper, crème fraîche and mix together.

Serve the crisps, salsa and guacamole with the prepared vegetables.