Head:

* Go for gold!

Sell: -

* With new Gold from Flora, it’s easy to impress your guests and create delicious, recipes all the family can enjoy

Box: TV Chef Jo Pratt says:

‘As a busy mum of two children under seven, I know how challenging it can be to come up with tasty, nutritious and simple meals that the whole family will enjoy. I’ve become passionate about finding everyday solutions that you can knock up in next to no time, that don’t cost the earth - and these bangers and mash pack a real punch! To round the meal off, you can’t go wrong by serving with a bowl of steaming green veg, tossed in Gold from Flora.’

**A Pitta-A-Pocket or Two With Greek Chicken**

**Recipe Details:**

Preparation time: 15 minutes

Cooking time: 35-40 minutes

Serves: 4

Skill level: Easy

**Ingredients:**

* 4 chicken breasts (approximately 100g each)
* ½ large cucumber, diced
* 150g baby plum or cherry tomatoes halved
* ½ small bunch mint or flat leaf parsley leaves, roughly chopped (15g)
* 200g feta cheese, crumbled into pieces
* 2 handfuls of pitted black Kalamata olives
* 100g frozen peas, defrosted
* 3 tbsp lemon juice
* 3 tbsp extra virgin olive oil

For the pitta bread:

* 50g Gold from Flora
* 1 clove of garlic, peeled and crushed
* 1 tbsp fresh parsley, chopped
* 4 white or wholemeal pitta breads

**Method:**

1. To grill the chicken, preheat the grill to medium. Brush the chicken breasts with Gold from Flora, put on a grill pan and cook for 10-12 minutes on each side, until golden. Once cooked, sit the chicken onto a plate, cover loosely with foil and leave to rest.
2. Preheat the oven to 200°C/180°C, fan/gas 6.
3. Mix together the Gold from Flora, garlic and parsley. Using a sharp knife, split open the pitta breads and spread a quarter of the Gold from Flora and parsley mixture inside each one.
4. Take 2 pieces of foil and wrap two pittas together in each piece. Place in the oven for 10 minutes to warm through.
5. To make the salad, toss together the cucumber, tomatoes, mint or parsley, feta, olives, peas, lemon juice and olive oil. Season with a little salt and freshly ground black pepper.
6. Slice the rested chicken into slices
7. At the table, carefully help yourselves to the chiken and the salad, spooning into the pitta, serving any remaining salad on the side.

Blob Tip…

Cooked lamb or fresh tuna can be used as an alternative to chicken.

**Blob:** New Gold from Flora is an irresistible blend of butter and Flora with a rich, creamy taste. Perfect for all the family!

**Box: Did you know…**

* Gold from Flora has around 40% less saturated fat than butter.
* You can use Gold from Flora in all sorts of dishes. Spread it on your toast at breakfast. Mix it with lemon, garlic and herbs and brush it onto chicken breasts before roasting. Or mash it into jacket potatoes for an extra-tasty spud.
* Gold from Flora is great value - it will help your money go further without compromising on taste or quality.

**BOX:** The Mums net taste panel loves Gold from Flora

72% of Mumsnet taste-testers think Gold from Flora tastes delicious and 69% would recommend it to their friends and family. Here’s what they have to say:

“Absolutely delicious, and easier to spread than butter!”

“It has a lovely rich, creamy taste”

“It really is the nicest spread I’ve ever tasted, and probably nicer than salted butter”



**Flash:** For more simple, tasty recipes and ‘how to’ videos from Jo (including her yummy Asian Saucy Salmon Parcels), please visit [www.goldfromflora.com](http://www.goldfromflora.com)