



# PITAS WITH STICKY CHICKEN & JOYA® SLAW

Serves 6



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## INGREDIENTS:

- **Sticky chicken**
- 5 ml (1 tsp) olive oil
- 1 small clove of garlic
- 200 ml orange juice or Rooibos tea
- 125 ml (½ cup) tomato sauce
- 60 ml (¼ cup) finely grated fresh ginger
- 60 ml (¼ cup) soy sauce
- 30 ml (2 tbsp) apple cider vinegar
- 10 ml (2 tsp) ground cumin
- 10 ml (2 tsp) Chinese-5-spice powder
- 8 drumsticks or 4 thighs
- **Slaw**
- ½ small (about 500 ml) green cabbage, finely shredded
- 7 cm piece cucumber, cut into thin sticks
- 15-20 fresh mint leaves, cut in thin strips
- lemon juice to taste
- 12 mini pitas
- 2-3 JOYA® apples in the skin, halved and thinly sliced

## METHOD:

1. Mix all the sauce ingredients for the chicken together in a small pot. Bring to the boil over low heat and allow to simmer without a lid for 10 minutes or until it starts to thicken.
2. Meanwhile, preheat oven to 180 °C. Place the chicken in a mixing bowl and pour the sauce over. Toss to coat evenly.
3. Place chicken and any leftover sauce in an oven dish and cover with foil. Oven-roast for 10 minutes, remove foil and roast for another 15 minutes or until the chicken is just cooked, but still juicy.
4. Allow chicken to cool down and remove skin, bones and any excess fat. Mix meat with remaining sauce in the oven dish.
5. Toss cabbage, cucumber and mint together in a bowl and season with lemon juice.
6. Heat pitas in a warm oven or toast lightly, cut open each pita to form a small pocket and fill with the slaw, chicken and apple slices.

**FIRM  
SWEET  
CRUNCHY  
APPLE**

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