

# Vegetarian Club Pita

For enough to feed 4 people you will need:

- 4 Pita breads
- 500ml Finely shredded lettuce
- 60ml Tahini
- 1 Avocado
- 3 Tomatoes
- 1 Red onion
- 1 Red pepper
- 16 Green olives
- 200g Feta cheese
- 1 Peeler
- 4 Sharp knives
- 2 Chopping board
- 2 White bowls
- 2 Wooden spoons



1. Peel and thinly slice the avocado and red onion. De-seed the red pepper and cut into strips. Dice the tomatoes.
2. Carefully slice the olives in half and remove the stones.
3. Carefully crumble the feta cheese.
4. Thinly shred the lettuce and toss it with tahini in a large white bowl.
5. Gently combine the avocado, tomato, red onion, red pepper, olives and crumbled feta cheese.
6. Fill the pockets firstly with lettuce then the avocado mixture.