



UCCOOK

Greek Chicken Gyros

with tzatziki & fresh oregano

When we say creamy, we mean it - featuring tzatziki plus a luscious yoghurt & sun-dried tomato sauce to coat everything inside the toasted flatbread. Now roll up the flatbread, roll up your sleeves, and get stuck in.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

1	Free-range Chicken Breast <i>pat dry & cut into 1-2cm thick strips</i>
75g	Sliced Onion
10ml	Smoked Paprika
10ml	Garlic Flakes
3g	Fresh Oregano <i>rinse & pick</i>
50ml	Low Fat Plain Yoghurt
20g	Sun-dried Tomatoes <i>drain</i>
40g	Grated Mozzarella Cheese
1	Flatbread
50ml	Tzatziki
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan.

2. PACKED WITH FLAVOUR Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the paprika, the garlic flakes, and the oregano. Fry until fragrant, 1-2 minutes. Add the yoghurt and $\frac{1}{2}$ the sun-dried tomatoes. Stir until combined. Remove from the heat, mix through the chicken, the cheese, and season.

3. TOASTED FLATBREAD Place a clean pan over medium heat. When hot, toast the flatbread/s until golden, 1-2 minutes per side.

4. SO-GOOD GYROS Top the toasted flatbread/s with the cheesy sun-dried tomato chicken. Dollop over the tzatziki and top with $\frac{1}{2}$ the shredded salad leaves. Roll up before serving. Make a side salad with the remaining salad leaves, the sun-dried tomatoes, and a drizzle of olive oil. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	11.6g
Carbs	14g
of which sugars	3g
Fibre	1.4g
Fat	4.3g
of which saturated	1.7g
Sodium	195mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
2 Days