



UCOOK

Cheesy Sun-dried Tomato Chicken Gyros

with roasted garlic mayo & fresh oregano

When we say creamy, we mean it - featuring a roasted garlic mayo plus double thick 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: 2 People

Chef: Samantha du Toit

Quick & Easy

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

300g	Free-range Chicken Mini Fillets
150g	Sliced Onion
20ml	Smoked Paprika
20ml	Garlic Flakes
5g	Fresh Oregano <i>rinse & pick</i>
100ml	Greek Yoghurt
40g	Sun-dried Tomatoes <i>drain</i>
80g	Grated Mozzarella Cheese
2	Flatbreads
1 unit	Roasted Garlic Mayo
40g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

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. You may need to do this step in batches. 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 picked oregano. Fry until fragrant, 1-2 minutes. Add the yoghurt and ½ the drained sun-dried tomatoes. Stir until combined. Remove from the heat, mix through the cooked chicken, the grated cheese, and season.

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

4. SO-GOOD SHAWARMA Top the toasted flatbreads with the cheesy sun-dried tomato chicken. Dollop over the garlic mayo. Top with ½ the shredded salad leaves and ½ the cucumber half-moons. Roll up before serving. Make a side salad with the remaining salad leaves, the cucumber, the sun-dried tomatoes, and a drizzle of olive oil. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	787kJ
Energy	188kcal
Protein	10.4g
Carbs	13g
of which sugars	2.5g
Fibre	1.4g
Fat	10.7g
of which saturated	2.7g
Sodium	209mg

Allergens

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

Eat
Within
3 Days