

Eat Within 2 Days

# UCOOK

## Greek Chicken Gyros

**with tzatziki**

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 583kJ | 3122kJ |
| Energy | 139kcal | 747kcal |
| Protein | 11.5g | 61.7g |
| Carbs | 14g | 77g |
| of which sugars | 3g | 15.9g |
| Fibre | 1.5g | 8g |
| Fat | 4.6g | 24.5g |
| of which saturated | 1.7g | 9.4g |
| Sodium | 540mg | 2890mg |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 3 | 4 | Free-range Chicken Breasts<br>*pat dry & cut into 1cm thick strips* |
| 15ml | 20ml | Greek Seasoning |
| 225g | 300g | Sliced Onion |
| 30ml | 40ml | Smoked Paprika |
| 30ml | 40ml | Garlic Flakes |
| 150ml | 200ml | Low Fat Plain Yoghurt |
| 60g | 80g | Sun-dried Tomatoes<br>*roughly chop* |
| 120g | 160g | Grated Mozzarella Cheese |
| 3 | 4 | Flatbreads |
| 150ml | 200ml | Tzatziki |
| 60g | 80g | Salad Leaves<br>*rinse & roughly shred* |
| 15g | 20g | Crispy Onion Bits |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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 and coat with the Greek seasoning. 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, 6-7 minutes (shifting occasionally). Add the paprika and the garlic flakes. Fry until fragrant, 1-2 minutes. Add the yoghurt and ½ the sun-dried tomatoes. Stir until combined. Remove from the heat, and mix in the chicken and cheese.

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 GYROS Top the toasted flatbreads with the cheesy sun-dried tomato chicken. Dollop over the tzatziki and top with ½ the salad leaves. Roll up before serving. Make a side salad with the remaining salad leaves, the remaining sun-dried tomatoes, crispy onions, and a drizzle of olive oil. Enjoy, Chef!