



# U COOK

## Greek Chicken Gyros

with tzatziki

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jemimah Smith

**Wine Pairing:** Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	570.8kJ	2999.6kJ
Energy	136.5kcal	717.5kcal
Protein	11.7g	61.3g
Carbs	14g	73.8g
of which sugars	3g	15.7g
Fibre	1.4g	7.5g
Fat	4.3g	22.8g
of which saturated	1.7g	8.9g
Sodium	196mg	1030.1mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	2	Free-range Chicken Breast/ <i>pat dry &amp; cut into 1cm thick strips</i>
75g	150g	Sliced Onion
10ml	20ml	Smoked Paprika
10ml	20ml	Garlic Flakes
50ml	100ml	Low Fat Plain Yoghurt
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
40g	80g	Grated Mozzarella Cheese
1	2	Flatbread/s
50ml	100ml	Tzatziki
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

**1. GOLDEN CHICKEN** Place a pan over medium heat with a drizzle of oil. 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 and the garlic flakes. 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 salad leaves. Roll up before serving. Make a side salad with the remaining salad leaves, the remaining sun-dried tomatoes, and a drizzle of olive oil. Enjoy, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel