



# 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:** 1 Person

---

**Chef:** Samantha du Toit

---

Quick & Easy

---

KWV - The Mentors | KWV The Mentors  
Chenin Blanc 2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

150g	Free-range Chicken Mini Fillets
75g	Sliced Onion
10ml	Smoked Paprika
10ml	Garlic Flakes
3g	Fresh Oregano <i>rinse &amp; pick</i>
50ml	Greek Yoghurt
20g	Sun-dried Tomatoes <i>drain</i>
40g	Grated Mozzarella Cheese
1	Flatbread
1 unit	Roasted Garlic Mayo
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	Cucumber <i>rinse &amp; 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. 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 flatbread until golden, 1-2 minutes per side.

**4. SO-GOOD SHAWARMA** Top the toasted flatbread 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