



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Quick & Easy

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Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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## Ingredients & Prep

|       |  |
|-------|--|
| 3     | Free-range Chicken Breasts<br><i>pat dry &amp; cut into 1-2cm thick strips</i> |
| 225g  | Sliced Onion   |
| 30ml  | Smoked Paprika   |
| 30ml  | Garlic Flakes  |
| 8g    | Fresh Oregano<br><i>rinse &amp; pick</i>                                       |
| 150ml | Low Fat Plain Yoghurt  |
| 60g   | Sun-dried Tomatoes<br><i>drain</i>   |
| 120g  | Grated Mozzarella Cheese   |
| 3     | Flatbreads   |
| 150ml | Tzatziki   |
| 60g   | Salad Leaves<br><i>rinse &amp; 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. 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, the garlic flakes, and the oregano. Fry until fragrant, 1-2 minutes. Add the yoghurt and ½ 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 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 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