



# 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:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 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

2	Free-range Chicken Breasts <i>pat dry &amp; cut into 1-2cm thick strips</i>
150g	Sliced Onion
20ml	Smoked Paprika
20ml	Garlic Flakes
5g	Fresh Oregano <i>rinse &amp; pick</i>
100ml	Low Fat Plain Yoghurt
40g	Sun-dried Tomatoes <i>drain</i>
80g	Grated Mozzarella Cheese
2	Flatbreads
100ml	Tzatziki
40g	Salad Leaves <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. 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 oregano. 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 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