

Eat Within 2 Days

UCOOK

Greek Chicken Gyros

with tzatziki

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

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 1	[Serves 2]	
1	2	Free-range Chicken Breast/s *pat dry & cut into 1cm thick strips*
5ml	10ml	Greek Seasoning
75g	150g	Sliced Onion
10ml	20ml	Smoked Paprika
10ml	20ml	Garlic Flakes
50ml	100ml	Low Fat Plain Yoghurt
20g	40g	Sun-dried Tomatoes *roughly chop*
40g	80g	Grated Mozzarella Cheese
1	2	Flatbread/s
50ml	100ml	Tzatziki
20g	40g	Salad Leaves *rinse & roughly shred*
5g	10g	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. 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 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 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 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!