



CHICKEN GYROS



INGREDIENTS

1 large skinless chicken breast
olive oil, for brushing
small garlic clove, crushed
½ tsp dried oregano
2 tbsp Greek yogurt
2 wholemeal pitta breads
2 red or yellow tomatoes
sliced 1 red pepper

SERVE WITH TZATZIKI DIP RECIPE SUPPLIED

EQUIPMENT

Tea Spoon
Spoon for mixing
Medium bowl
Knife x 2
Chopping Board x 2
Garlic Crusher
Skillet or Frying Pan



PREP TIME: 20 MINS
MARINATE TIME: 60 MINS
COOK TIME: 10 MINS
TOTAL TIME: 1HR 40 MINS

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DIRECTIONS

- Cut the chicken breast in half lengthways, then cover with cling film and bash with a rolling pin to flatten it.
- Brush with some oil, then cover with the garlic, yoghurt, oregano and some ground pepper. Give it a good mix and let it marinate for at least 30 mins.
- Heat a non-stick frying pan and cook the chicken for a few mins each side until meat juices run clear.
- Cut the tops from the pittas along their longest side and stuff with the chicken, tomato, pepper and tzatziki.
- Poke in a few mint leaves to serve. If taking to the office for lunch, pack the tzatziki dip in a separate pot and add just before eating to prevent the pitta going soggy before lunchtime.