

Greek Chicken Kebab (Gyros) with Homemade Tzatziki

Serves 2-3



Ingredients



For the gyros

- 5 boneless/skinless chicken thighs,
- 3 large garlic cloves, crushed
- 1 tbsp olive oil
- 2 tbsp greek yogurt
- 1 1/2 tbsp oregano
- 3 tbsp lemon juice
- 2 tsp black pepper
- 1 tbsp white/red/cider vinegar (optional)

For the Tzatziki

- 1/2 cucumber, grated
- 5 tbsp greek yogurt
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 1 tsp black pepper
- 2/3 sprigs of mint (optional)

1. **Marinade the Gyros:** Place the chicken, and all the other gyros ingredients into a large bowl, or zip-lock bag. Massage to cover all of the chicken. Cover & marinate in the fridge for as long as possible (recommended 2 hours) but no longer than 24 hours.
2. **Make the Tzatziki:** Grate 1/2 a cucumber then wrap in a paper or tea towel and squeeze to remove excess liquid. Place into a bowl, add the remaining ingredients and mix well. Set aside and let the flavour meld.
3. **Cook the chicken:** Preheat the grill, bbq or a large frying pan. Remove the chicken from the marinade, cook over a medium-high heat for 3-4 minutes each side until golden brown and cooked through (no pink meat)
4. Get a pita, place some salad then top with chicken and tzatziki

Quick Side Salad

*Why not give this Greek salad a go?
It is full of fresh vegetables, quick & the
perfect accompaniment with gyros!*



Ingredients

- 3 tomatoes, finely diced
- 1/2 cucumber, finely diced
- 1/2 red onion, cut into half moons
- 3 tbsp lemon juice
- drizzle of olive oil
- 1/2 tsp paprika (optional)
- 100g spinach or leafy greens (optional)



Method

1. Combine all of the ingredients into a large bowl, squeeze over the lemon juice & olive oil. Season with black pepper & set aside.
2. Top on a warm pita bread with chicken gyros & tzatziki for a tasty meal.