




MAKES 1 SERVE

Grilled chicken souvlaki

 Preparation time
10-25 minutes

 Equipment required
**Chopping knife,
small bowl, frying
pan, spatula**

 Cooking time
10 minutes

Solid comfort food, but healthier. We've turned the gyro into a souvlaki (which uses grilled meat instead of meat shaved from a spinning rotisserie) that can be quickly and easily made at home.



Ingredients

1 boneless, skinless chicken thigh fillets

Juice of 1/2 lemon

2 garlic cloves, very finely chopped

2 tablespoons natural, Greek yoghurt

To serve

1 tomato, sliced into thick rounds

Small handful lettuce leaves

1 piece of flatbread (see Easy Flatbread recipe, or use ready-made)

Pantry Items

1 tablespoon olive oil




1 teaspoon mixed dried herbs

Salt and pepper

Method

- 1 In a bowl, add the chicken, olive oil, lemon, herbs, half of the garlic, and salt and pepper.
- 2 Then, cook your flatbread (see recipe: Easy Flatbreads), if making.
- 3 Heat a frying pan over medium heat, and add chicken.
- 4 Cook for 4-5 minutes each side, until cooked through. Set aside to rest for a few minutes.
- 5 Meanwhile, mix together remaining garlic and yoghurt.
- 6 Slice chicken into bite sized pieces.
- 7 Spread garlic yoghurt on flatbread, add lettuce, sliced tomato and chicken pieces.

Variations

-  **V** - Substitute pan-fried haloumi for chicken.
-  **GF** - Use gluten free flatbread.
-  **DF** - Substitute hummus for garlic yoghurt, use dairy free flatbread.