

# DINNERLY



## Greek Chicken Wraps with Tzatziki



20-30 minutes



2 Servings

Who doesn't love eating with their hands? These super-tasty and super-easy wraps, with sunny Mediterranean flavours will be a hit with the whole family.

## WHAT WE SEND

- 100g mixed salad leaves
- 2g dried oregano
- free-range chicken thigh fillet
- 100g Greek-style yoghurt <sup>7</sup>
- 1 tomato
- 1 Lebanese cucumber
- 5 Greek-style pita bread <sup>1,6</sup>

## WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper
- water

## TOOLS

- medium frypan

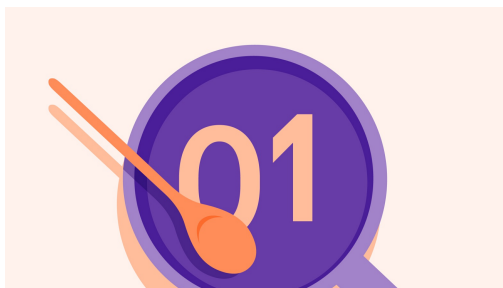
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 650kcal, Fat 30.4g, Carbs 51.6g, Proteins 39.8g



### 1. Marinate chicken

Finely chop **2 garlic cloves**. Trim any excess fat off the **chicken**, then thinly slice. Put the chicken, **half the garlic**, **1 tsp of the dried oregano** (the remaining oregano won't be used in this dish) and **1 tbs olive oil** in a bowl. Season with **salt and pepper** and toss well to coat.



### 2. Make tzatziki

Coarsely grate **half the cucumber**, then squeeze to remove the excess liquid. Cut the **remaining cucumber** into thin ribbons with a vegetable peeler. Put the **grated cucumber**, **yoghurt**, **remaining garlic** and **1 tbs warm water** in a bowl. Season with **salt and pepper** and stir to combine.



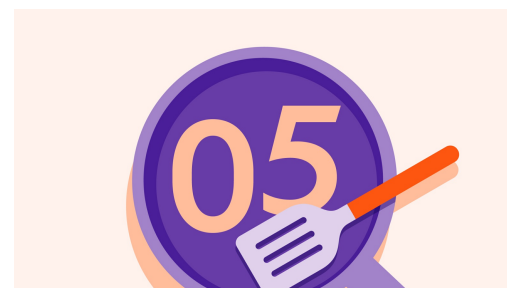
### 3. Warm pita

Heat a medium frypan over medium heat. Cook **2 pita** (the remaining pita won't be used in this dish), one at a time, for 30 secs each side or until warmed and lightly golden. Wrap in foil or a clean tea towel to keep warm.



### 4. Cook chicken

Heat **1 tbs olive oil** in the same pan over medium-high heat. Cook the **chicken**, stirring occasionally, for 3-4 mins until golden and cooked through. Meanwhile, roughly chop the **tomato**.



### 5. Serve up


Spread the **tzatziki** over the **warm pita** and top with the **chicken**, **tomato**, **cucumber ribbons** and **mixed salad leaves**. Season with **salt and pepper** and roll up to serve.



### 6. Make it yours

Add zing with lemon. Spike the chicken marinade with grated lemon zest and add a squeeze of juice to the tzatiki.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia from at least 55% Australian ingredients**