

DINNERLY



Greek Chicken Wraps with Tzatziki



20-30 minutes



4 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

- 200g mixed salad leaves
- dukkah spice blend ^{1,11,15}
- 5 Greek-style pita bread ^{1,6}
- free-range chicken thigh fillet
- 2 tomato
- 150g Greek-style yoghurt ⁷
- 2 Lebanese cucumber

WHAT YOU NEED

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

TOOLS

- large frypan

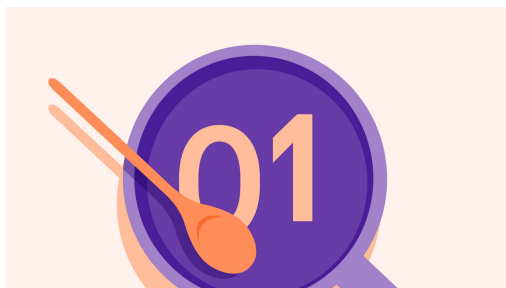
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

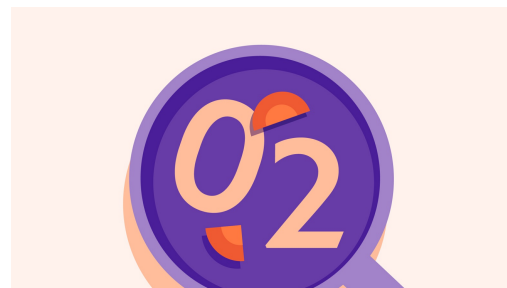
NUTRITION PER SERVING

Energy 595kcal, Fat 25.2g, Carbs 50.4g, Proteins 39.1g



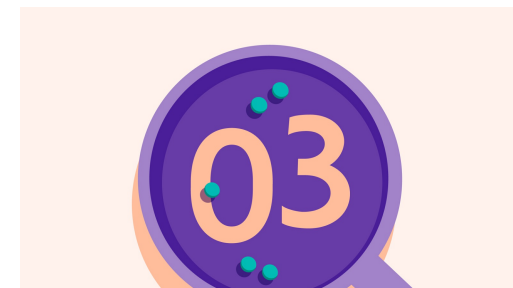
1. Marinate chicken

Finely chop **3 garlic cloves**. Trim any excess fat off the **chicken**, then thinly slice. Put the chicken, **half the garlic**, **2 tbs dukkah** (the remaining dukkah won't be used in this dish) and **2 tbs olive oil** in a bowl. Season with **salt and pepper** and toss well to coat.



2. Make tzatziki

Coarsely grate 1 cucumber, then squeeze to remove excess liquid. Cut the remaining cucumber into thin ribbons with a vegetable peeler. Put the **grated cucumber**, **yoghurt**, **remaining garlic** and **1½ tbs warm water** in a bowl. Season with **salt and pepper** and stir to combine.



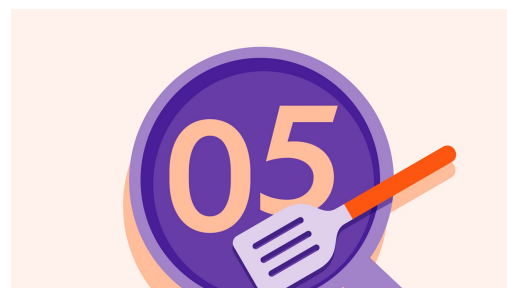
3. Warm pita

Heat a large frypan over medium heat. Cook **4 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 **tomatoes**.



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.