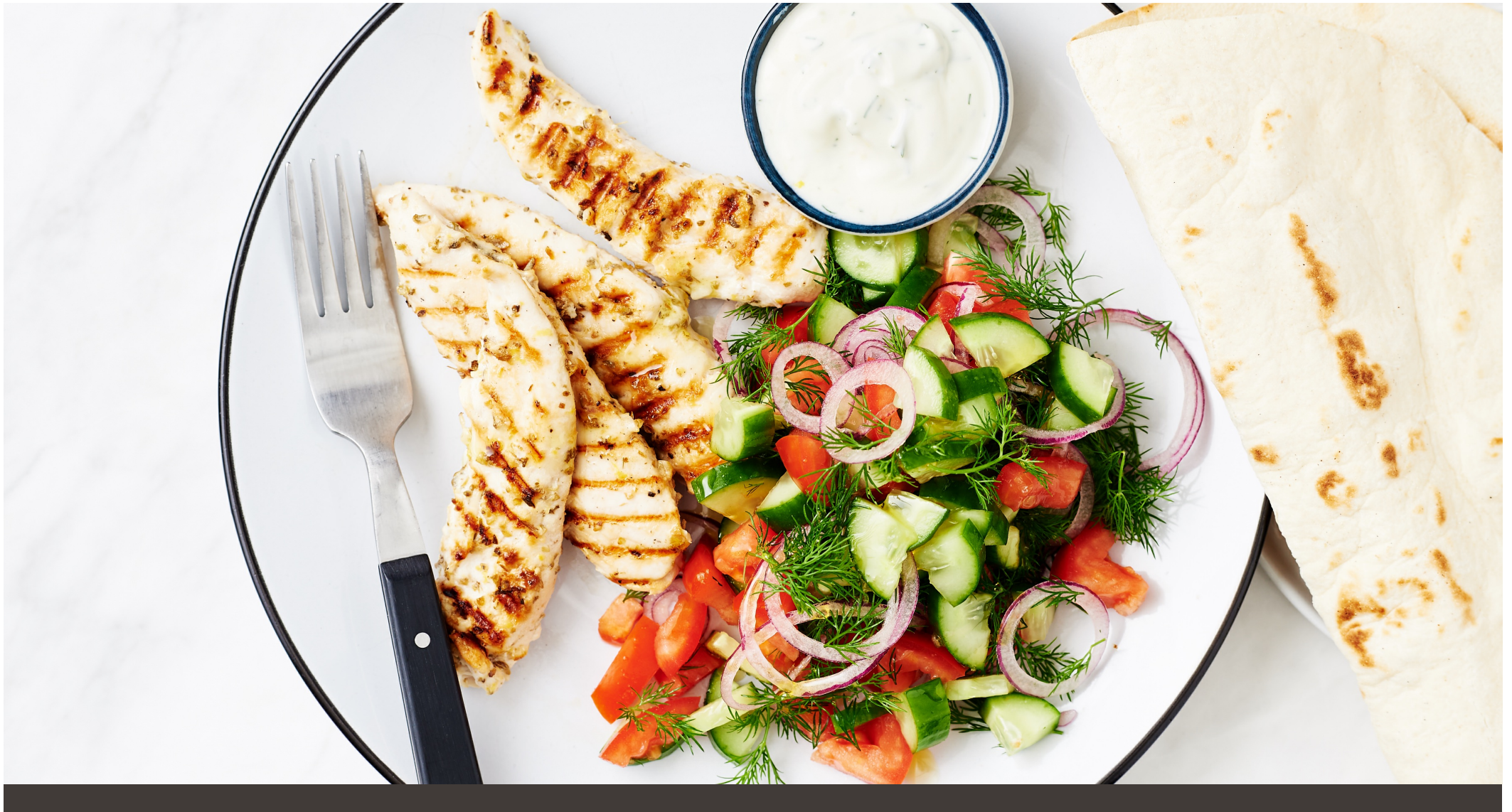


MARLEY SPOON



Quick Chicken Souvlaki

with Dill Salad and Lemon Yoghurt



20-30min



4 Portions

Nothing says a balmy evening than the light, fresh flavours of Greece. These classic souvlaki team healthy chargrilled chicken marinated in oregano and garlic with a fragrant cucumber salad spiked with dill, plus lemony yoghurt and pitas, for an easy, throw-it-together meal the whole family will dig into.

What we send

- dill, garlic
- free-range chicken tenderloins
- Greek-style yoghurt ⁷
- red onion
- lemon
- Lebanese cucumber, tomato
- Greek pita bread ^{1,6}
- dried oregano

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper

Utensils

- large frypan
- mandoline (optional)

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The garlic in the lemon yoghurt is raw so it needs to be minced. Use the flat side of a knife blade to press on the chopped garlic to crush very finely. The remaining onion won't be used in this dish.

Allergens

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

Nutrition per serving

Energy 755kcal, Fat 28.5g, Carbs 77.8g, Proteins 40.9g



1. Make salad

Finely grate the **lemon** zest, then juice. Coarsely chop **cucumber** and **tomato**. Using a mandoline or sharp knife, very finely slice the **onion**. Pick the sprigs from **half the dill**; set aside the remaining half of the dill for the lemon yoghurt. Combine cucumber, tomato, onion and dill sprigs in a bowl.



4. Make lemon yoghurt

Meanwhile, finely chop the **remaining dill**. Put the dill, **yoghurt**, **remaining lemon zest and juice** and **remaining garlic** in a small bowl, season with **salt and pepper** and stir until well combined.



2. Marinate chicken

Mince **garlic** with the flat side of the knife blade (see cooking tip). In a large bowl, put **half the lemon zest, half the juice, half the garlic, 1 tbs oregano** (any remaining oregano won't be used in this dish) and **1 tbs olive oil**, season well with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat well.



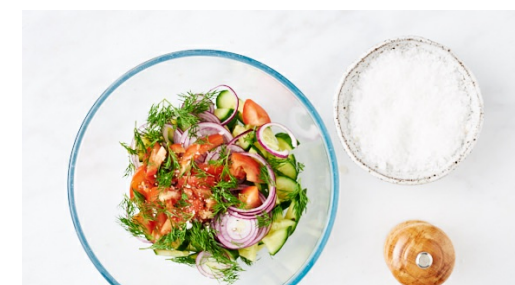
5. Warm bread

Heat a large frypan (or use the chargrill pan if big enough) over medium-high heat. One at a time, warm the **pita bread** in the pan for 30 secs each side until softened. Keep warm covered with a clean tea towel.



3. Cook chicken

Lightly coat a chargrill pan or frypan with **olive oil spray** and heat over high heat. Cook the **chicken** for 2-3 mins each side until lightly charred and cooked through.



6. Get ready to serve

Drizzle **1 tbs olive oil** over the **salad**, season with **salt and pepper** and toss to combine. Divide the **chicken souvlaki**, **salad** and **wraps** among plates. Serve with the **lemon yoghurt**.