



A popular Greek fast food consisting of small pieces of meat.

COOKING TIME: 25 MIN

CALS 482 | PROT 55.3G | CARBS 39.7G | FAT 8.5G



TIPS FOR FUSSY EATERS

This is a great dish for kids. Let them build their own Pitta.



1 ROAST

Preheat the oven to 220°C. Cut the **tomato, red onion and green pepper** into wedges and place on an oven tray. Drizzle lightly with **oil and salt**, toss together and place in the oven.



2 MARINATE

Cut the **chicken breast** into cubes. In a mixing bowl add half of the **lemon juice, olive oil, dried oregano**, half of the chopped **garlic** and **salt**. Add the **chicken** cubes and mix well. If time permits leave to marinate for 20 minutes (up to 24 hours).



3 SEAR

Thread the diced **chicken** onto the skewers and sear in a hot frying pan for 1-2 minutes until slightly browned.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken breast	400g	500g	600g
Lemon	2	2	3
Dried oregano	4g	6g	8g
Garlic	3	4	5
Skewers	4	6	8
Pitta breads	1	1	2
Red onion	1	2	2
Tomato	2	3	4
Green pepper	1	2	2
Cucumber	1	2	2
Yoghurt	100g	150g	200g
Mint	4g	6g	8g



4 COOK

Add the **chicken** skewers on top of the **vegetables** and place back in the oven for 10 minutes.



5 MIX

In a small bowl add the remaining crushed **garlic**, grated **cucumber**, chopped **mint** and **yoghurt**. Mix together well. Season with **lemon juice**.



6 SERVE

Warm the **pitta breads** (use the heated oven) and slice the top to open the bread. Add cooked **vegetables** and the **chicken** inside the **bread** and top with **tzatziki**.

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