



CHICKEN GYROS FAKEAWAY

PROCEDURE

INGREDIENTS

Chicken Gyros

- 1.35kg raw boneless, skinless chicken thighs
- 330g unsweetened soya yoghurt
- Juice of 1½ lemons (plus a little zest)
- 4 garlic cloves, crushed
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp sweet paprika
- ⅔ tsp dried oregano
- ⅔ tsp dried thyme
- ⅔ tsp cayenne pepper (adjust to taste)
- ⅔ tsp black pepper
- ¼ tsp ground cinnamon

Homemade Chips

- 600g potatoes, cut into chips
- Olive oil spray
- Salt & Black pepper
- Garlic granules
- Smoked paprika (optional)

Quick Tzatziki

- 140g unsweetened soya yoghurt
- 40g grated cucumber, squeezed dry
- 10g fresh lemon juice
- 1 small garlic clove, finely grated
- 4g fresh dill, finely chopped
- Salt to taste

To Serve

- 3 Co-op Flatbreads (½ flatbread per person)
- Lettuce, Tomato, Cucumber, Red onion

01

Trim any visible fat from the chicken thighs. Mix together all the marinade ingredients, coat the chicken and marinate for at least 2 hours, ideally overnight

02

Soak the chips for 30–60 minutes. Drain, cover with boiling water, add a pinch of bicarbonate of soda and microwave for 5 minutes. Drain, steam dry, spray with olive oil spray and season.

03

Air fry the chicken at 190°C for 16–18 minutes, turning halfway. Rest for 5 minutes before slicing. For crisp edges return to the air fryer at 200°C for 2–3 minutes.

04

Air fry the chips at 200°C for 18–22 minutes, shaking halfway through until golden and crispy.

05

Mix together the tzatziki ingredients. Fill each ½ flatbread with cooked chicken, salad and a drizzle of tzatziki. Serve with the chips or add them in.

NUTRITION & PREP

Serves | 6 Cook Time | 40 min + time to marinade
Calories | 595 Protein | 43g Carbs | 45g Fat | 23g