

Chicken Gyros



Serves 4 Prep 45 mins + 3h marinating Cook 40 mins Easy

Ingredients

12 boneless, skinless chicken thighs
4 tbsp olive oil
2 tsp dried oregano
1 tsp ground cumin
1 tsp parsley, finely chopped
1 tsp sweet paprika
½ tsp ground cinnamon
zest and juice 1 lemon
1 lemon cut into wedges to serve

equipment: skewers

Pack of pitta wraps

For the tzatziki

½ cucumber
200g Greek yogurt
juice ½ lemon

To serve

1 butter or round lettuce
4 large tomatoes, seeds removed,
chopped
1 red onion, halved and thinly sliced

1. Cut the chicken thighs into bite-sized pieces, put them in a large bowl & add the marinade ingredients, along with 1 tsp salt & plenty of black pepper. Mix well, ensuring they are well coated. Cover & chill for at least 3 hrs, or up to 48 hrs if you have time.
2. A few hours before serving make the pitta. In a bowl, mix the flour, yeast, sugar & ½ tsp salt with your fingertips. Add 150ml lukewarm water and 2 tsp olive oil, & combine to a dough. Tip onto a work surface & knead for 8-10 mins (or a tabletop mixer for 5 mins). Clean, then lightly oil the bowl, return the dough & cover loosely with cling film. Leave to rise for 1 hr or until nearly doubled in size.
3. Divide the dough into 4 equal pieces. Roll out to circles, as thin as you can. Cover with sheets of oiled cling film and leave to rise for 15-20 mins.
4. To make the tzatziki, halve the cucumber lengthways and scoop out the seeds. Grate and squeeze out the water, then combine with the remaining ingredients.. Chill until ready to serve.
5. Heat the grill to its highest setting. Line a roasting tin with foil. Remove the chicken from the fridge, take the pieces and thread them over the skewers.
6. Heat a large frying pan (or two if you have them) over a medium-high heat and brush the breads with oil. Gently lift one into the pan. It should sizzle, and bubbles should appear on the surface after 1-2 mins. When the underside is golden, flip it and cook for another 2-3 mins. Continue until all the breads are cooked, wrapping them in foil as you go. Keep the bread warm in the bottom of the oven while you cook the chicken. Alternatively, cook on the barbecue for 5-8 mins, turning occasionally.
7. Put the chicken under the hot grill and cook for 15-20 mins, brushing with oil and any juices from the bottom of the tin regularly, and turning halfway through cooking. Once cooked, remove from the oven and rest for 5 mins.
8. Serve in the warm bread, with lettuce, tomato, red onion, lemon wedges and tzatziki.