

Chicken souvlaki with lettuce, tzatziki and pita pockets



"Souvlaki" is the Greek name for meat grilled on a skewer! This is a Greek version of fast food - chicken breast cubes marinated in a tangy marinade, then skewered and broiled until golden brown. Bursting with flavor, the chicken souvlaki is placed inside fluffy, warm pita pockets and topped with a cucumber tzatziki sauce, a lettuce and tomatoes. Get creative with your own souvlaki – use veggies, steak, or seafood to try a different version of this healthy "fast food"!

Did you know?

Dill

a feathery herb in the same family as parsley and celery. Native to southern Russia and the Mediterranean, the word dill comes from "dylla" - a Norse (Viking age!) word meaning to soothe or lull you to sleep ... It is used widely in Greek cuisine either as a fresh or dried herb.

Tzatziki

a classic Greek appetizer made from salted, strained, thickened yoghurt as a base. Traditionally, the yoghurt is mixed with cucumbers, garlic, olive oil, and sometimes fresh herbs. It is served with grilled meats/vegetables, and is the umami of the meal!



In your kit

- Groovy Souvy Mix
- T'ziki Mix



Minutes:
20 prep + 10 cook



quick



Nut-free



4 servings

Your shopping list



8 wooden skewers



1 beefsteak tomato



2 lbs chicken breast



4 pita pockets



2 small cucumbers



1/2 cup Greek yogurt



4 leaves Boston lettuce

Basic pantry: olive oil, sugar, salt, pepper

 youngest chefs

  older chefs

   oldest chefs / adults



1. Prep ingredients

- **Skewers** - soak in water, at least 10 minutes.
- **Cucumbers** - trim ends, discard, and grate.
- **Tomato** - thinly slice.
- **Chicken** - cut into 1½" cubes



2. Prep and broil chicken souvlaki

- In a medium bowl, add **chicken**, **Groovy Souvy Mix**, 2 teaspoon **salt**, 1 teaspoon **sugar**, **pepper** and 2 tablespoons **olive oil**. Toss to coat chicken evenly and marinate for at least 10 minutes.
- Preheat broiler on high.
- Thread **chicken** on skewers and place them on a baking sheet.
- Broil about 4 minutes per side, flipping carefully halfway through.



3. Make the tzatziki

- In a medium bowl, whisk together **Greek yogurt**, **T'ziki Mix**, 1 tablespoon **olive oil**, ½ teaspoon **salt**, and **pepper** to taste.
- Using a paper towel, wring the **grated cucumber** tightly until no liquid remains.
- Add **grated cucumber** to the **Greek yoghurt** mix and stir to combine.



4. Warm pita pockets

- Warm **pita pockets** in microwave until pliable, about 1 minute.



5. Plate your dish

- Carefully remove the chicken from the skewers and place in a **pita pocket**. Top with **lettuce**, **tomato** and **tzatziki** sauce.

Kali óreksi!

("Enjoy your meal" in Greek)