



Souvlaki Chicken w/ Greek Salad, Tzatziki and Pita Bread



Serves

4



Prep Time

15 mins



Cook Time

10 - 15 mins

Beautiful fresh flavours, and fast! Plus so easy to make extra for lunch the next day.

Ingredients

For the Chicken

3 tbsps olive oil

1 tbspn dried oregano

3 cloves garlic, crushed

Juice of one large lemon

**800gms chicken
tenderloins**

For the Tzatziki

250gms Greek Yoghurt

1 Lebanese cucumber

1 clove garlic

1 tspn salt flakes

**2 tbsps finely chopped
mint**

Method

1. In a shallow glass dish combine all the ingredients for the marinade well and add the chicken, ensuring well coated.
2. Leave in the fridge until ready to cook, but for no longer than overnight.
3. Preheat the bbq or a non-stick pan to a medium heat.
4. Drain the excess marinade from the chicken as you place it on the grill. Cook for 3 - 5 mins each side, making sure they are well cooked through.
5. For the tzatziki, peel and halve the cucumber, remove the seeds. Finely grate and squeeze out as much of the liquid as you can. Combine cucumber and all remaining ingredients in a bowl. Store covered in fridge until ready to serve.

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Souvlaki Chicken w/ Greek Salad, Tzatziki and Pita Bread, Cont....

Ingredients

For the Salad

2 large vine ripened tomatoes, cut into wedges

1/3 cup pitted kalamata olives

2 Lebanese cucumbers, cut into bite size pieces

200gms good quality Greek feta, cut into bite-size cubes

1/2 red onion, thinly sliced

1 tbspn red wine vinegar

3 tbspsns olive oil

1 tspn dried oregano

Pita Bread, to serve

Method

6. For the salad - combine all the dressing ingredients in a small bowl and whisk well to combine. Alternatively combine in a small glass jar and shake well.
7. Toss all salad ingredients gently together in a large serving bowl and dress just before serving.
8. Serve the chicken, tzatziki and salad together with pita bread.



Notes & Serving Suggestions

- Swap dried oregano for fresh if you like - substitute with 2 tbspsns fresh leaves. You can also add more oregano if you like a flavour hit.
- I love using chicken tenderloins especially in Summer! They cook so fast; and more evenly. Plus are nice little “lunch the next day” portion sizes. You can replace with whole chicken breast but this will increase the cooking time; and I feel increases the risk of drying out.
- Don't get too caught up on exact measurements for the salad - make it yours! Add more olives, cut them up, use cherry tomatoes instead, de-seed the cucumber - whatever!
- Make extra for lunch! Wrap chicken tightly in foil to help stop it drying out. Tzatziki will keep for 3 - 4 days in an airtight container in the fridge.



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