Herby chicken gyros

Prep: 10 mins
Cook: 4 mins

Serves 2

Pack your pitta with peppers, chicken and tzatziki for a low-calorie lunch option. Plate up your chicken sandwich in 15 minutes and enjoy 3 of your 5-a-day

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
low in	low in						
352	9g	4g	34g	6g	6g	31g	1.4g

Ingredients

1 large skinless chicken breast

rapeseed oil , for brushing

small garlic clove , crushed

½ tsp dried oregano

2 tbsp Greek yogurt

10 cm piece cucumber , grated, excess juice squeezed out

2 tbsp chopped mint , plus a few leaves to serve

2 wholemeal pitta breads

2 red or yellow tomatoes , sliced

1 red pepper from a jar (not in oil), deseeded and sliced

Method (Complete the capitalization and punctuation task in the method section)

step 1

cut the chicken breast in half lengthways then cover with cling film and bash with a rolling pin to flatten it brush with some oil then cover with the garlic oregano and some pepper heat a non-stick frying pan and cook the chicken for a few mins each side meanwhile mix the yogurt cucumber and mint to make tzatziki

step 2

cut the tops from the pittas along their longest side and stuff with the chicken tomato pepper and tzatziki poke in a few mint leaves to serve

TBAT Questions		
Identify the cut of protein used?		
Describe the difference between greek and natural yogurt?		
Explain the taste, smell, texture and look of dried oregano?	Taste	Smell
	Texture	Look

Cooking Skills Record:

My rating:	Tasting & looking good	Quite good	Edible	Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients:				
What could I serve this with:				
Are there ways I can economise:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				

Skills Used: (Fill in your own cooking skills record in the front of your folder)

Teacher/Student Feedback:	
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back Name:	