



Build Your Own: Oregano Chicken Gyros

Put together individually and enjoy together!

Kid's Kitchen Family Friendly

Preparation time : 40 min.



- Potatoes
- Baby Cucumber
- Red Onion
- Lemon
- Garlic Clove
- Greek Style Natural Yoghurt
- Dried Mint
- Diced British Chicken Breast
- Dried Oregano
- Sun-Dried Tomato Paste
- Greek Style Flatbreads
- Baby Leaf Mix
- Sugar for the Pickle
- Honey
- Water for the Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/build-your-own-oregano-chicken-gyros-392>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Baby Cucumber (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
Lemon (unit(s))	1	1½	2
Garlic Clove (unit(s))	1	1½	2
Greek Style Natural Yoghurt (grams)	75	150	150
Dried Mint (sachet(s))	1	1½	2
Diced British Chicken Breast (grams)	240	390	480
Dried Oregano (sachet(s))	1	2	2
Sun-Dried Tomato Paste (grams)	25	37½	50
Greek Style Flatbreads (unit(s))	2	3	4
Baby Leaf Mix (grams)	20	50	50
Sugar for the Pickle (tsp)	1	1½	2
Honey (tbsp)	1	1½	2
Water for the Sauce (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2863 kJ
Energy (kcal)	684 kcal
Fat	12.8 g
of which saturates	4.5 g
Carbohydrate	98.5 g
of which sugars	22.3 g
Dietary Fibre	14 g
Protein	47 g
Salt	1.48 g

Allergens

Mustard, Milk, Wheat, May contain traces of allergens, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).
Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, add the **chicken** and remaining **onion** to the pan and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken?
Don't worry, this is normal due to packaging we use to keep it fresh.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
Sprinkle in the **oregano** and fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep Time

Meanwhile, trim the **cucumber**, then halve lengthways. Cut into 1cm thick half moons.
Halve, peel and thinly slice the **red onion** as thinly as you can. Halve the **lemon**.
Peel and grate the **garlic** (or use a garlic press).



All Together Now

Once the **chicken** is golden brown and cooked through, add the **garlic**, **sun-dried tomato paste**, **honey** and **water for the sauce** (see pantry for both amounts).
Stir until everything's combined and glazed. Remove from the heat and season with **salt** and **pepper**.
Meanwhile, when everything's almost ready, pop the **flatbreads** onto a baking tray and into the oven until warm and starting to turn golden, 3-4 mins.



In a Pickle

Pop **half** the **red onion** into a small bowl and add the **sugar for the pickle** (see pantry for amount). Squeeze in **half** the **lemon juice**, add a pinch of **salt**, mix and set aside to pickle.
In another small bowl, combine the **Greek style yoghurt**, **dried mint** and a good squeeze of **lemon juice**. Season with **salt** and **pepper**.
Make kid friendly: If your kids would prefer a plain dip, set some of the yoghurt aside before stirring in the lemon and mint.



Build Your Own!

When everything's ready, pop the **baby leaves** and **cucumber** in a serving bowl and bring the **flatbreads**, **glazed chicken**, **chips**, as well as the **yoghurt** and **pickles** to the table.
Build your **gyros** with the **chicken**, a handful of **chips** and everyone can add on the toppings they like best - **pickled onions**, **cucumber**, **salad** and **mint yoghurt** (or plain if the kids prefer!).
Serve with any remaining **lemon** cut into wedges on the side to squeeze over for those who enjoy a citrus kick.

Enjoy your meal!