

Helergon Kitchen

# Greek Chicken Gyros With Tzatziki

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| **15 min**<br>Prep time | **25 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine |

## Ingredients

### Chicken and Marinade

- [ ] 1 lb boneless skinless chicken breasts, sliced into ¼ inch strips
- [ ] 2 tablespoons olive oil, divided
- [ ] 1 tablespoon lemon juice, divided
- [ ] 2 teaspoons dried oregano
- [ ] ½ teaspoon garlic powder
- [ ] 1 teaspoon salt
- [ ] ¼ teaspoon freshly ground black pepper

### Tzatziki Sauce

- [ ] 1 cup plain Greek yogurt
- [ ] ½ cup cucumber, grated and drained of excess liquid
- [ ] 1 clove garlic, minced
- [ ] 1 teaspoon lemon zest
- [ ] 1 tablespoon lemon juice
- [ ] 1 teaspoon fresh dill, chopped
- [ ] ½ teaspoon salt
- [ ] ¼ teaspoon black pepper

### Assembly and Garnish

- [ ] 4 small whole-wheat pita breads
- [ ] 1 tomato, diced
- [ ] ½ small red onion, thinly sliced
- [ ] Fresh lemon wedges for serving

## Instructions

1. First, let's get the flavor started. In a large bowl, whisk together 1 tablespoon olive oil, 1 tablespoon lemon juice, the dried oregano, garlic powder, salt, and pepper. Toss in your chicken strips and give them a good coat. Now, just let them sit and marinate for about 10-15 minutes at room temperature. It's a short wait, but it makes a difference, honestly.

2. While the chicken is resting, we'll make the sauce. In a small bowl, stir together the plain Greek yogurt, that grated cucumber (make sure you drained it well, or it'll get too runny!), minced garlic, lemon zest, 1 tablespoon lemon juice, chopped dill, ½ teaspoon salt, and ¼ teaspoon pepper. Mix it until it's nice and smooth, then pop it in the fridge to stay cool.

3. Time for the heat. Warm up your skillet over medium-high heat and add the remaining 1 tablespoon olive oil. Add the chicken strips and cook them for about 6-7 minutes per side. You're looking for a lovely golden brown color and an internal temperature of 165°F (74°C). Once they're done, move them to a plate and let them rest for 5 minutes—don't skip this part!

4. Now for the bread. While the chicken is resting, warm your pita breads in a dry skillet for 1-2 minutes on each side. If you prefer, you can put them in a preheated oven at 350°F for about 3 minutes. Just until they're soft and warm.

5. Let's get the fresh bits ready. Slice your tomato into bite-size pieces and thinly slice the red onion. I like to keep them together in a bowl for easy grabbing.

6. Now the fun part. Divide those rested chicken strips evenly among your warm pita pockets.

7. Spoon a generous, creamy dollop of that chilled tzatziki onto each pita, then top it all off with the fresh tomato and onion slices.

8. For a little extra brightness, drizzle a small squeeze of lemon juice over the gyros. If you're feeling fancy, feel free to sprinkle some fresh oregano or a bit of feta on top.

9. Carefully fold the pita in half. I usually serve mine immediately with a little extra tzatziki on the side for dipping.

10. Enjoy your Greek Chicken Gyros while they're hot and fresh! Wow, it really smells like a vacation in the kitchen. If you have any left, just move them to a plate for later.

### Nutrition per serving

| 410 kcal | 38 g | 32 g | 14 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Letting the chicken rest after cooking is key to keeping it juicy.
- The tzatziki is much better if it has time to chill in the fridge.
- Draining the cucumber thoroughly prevents the sauce from becoming watery.