



Long Livo

Greek Chicken Gyros With Tzatziki

15 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

Mediterranean

Cuisine

Ingredients

Chicken Marinade

- ☐ 1 lb boneless, skinless chicken breast or thighs, sliced thin (about 500 g)
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tsp dried oregano
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp black pepper

Tzatziki Sauce

- ☐ 1 cup plain Greek yogurt (8 oz or 227 g)

- ☐ 1/4 cup cucumber, grated and squeezed dry
- ☐ 1 clove garlic, minced
- ☐ 1 tbsp fresh lemon juice (for tzatziki)
- ☐ 1 tbsp fresh dill, chopped
- ☐ 1/4 tsp salt (for tzatziki)
- ☐ Pinch black pepper (for tzatziki)

Assembly

- ☐ 4 whole wheat pita breads
- ☐ 1 cup diced tomatoes, drained (canned or fresh)
- ☐ 1/2 red onion, thinly sliced

Instructions

- 1 Grab a medium bowl and whisk together your olive oil, 2 tbsp lemon juice, oregano, garlic powder, salt, and black pepper. Toss in those chicken strips and give them a good coat. Now, well, just let them marinate for about 10–15 minutes to let the flavor sink in.
- 2 While the chicken is just hanging out, let's make the sauce. In a small bowl, stir together the Greek yogurt, that squeezed-dry grated cucumber, minced garlic, 1 tbsp lemon juice, dill, 1/4 tsp salt, and a pinch of pepper. Cover it up and pop it in the fridge until you're ready to serve.
- 3 Heat up your skillet over medium-high heat. Add the marinated chicken and cook it, stirring every now and then, for about 5–6 minutes. You're looking for them to be golden brown and hit an internal temperature of 165°F (74°C). Then, just remove them from the heat.
- 4 Now for the pita. Warm them in the same skillet for about 30 seconds on each side, or if you're in a rush, the microwave on low for 20 seconds works too. Honestly, keep them wrapped in a clean towel so they stay nice and soft.
- 5 Time to build! In your serving bowl, take a warm pita and layer in that cooked chicken, then top it off with the diced tomatoes and sliced red onion.

- 6 Spoon some generous dollops of that creamy tzatziki over the gyros. I like to drizzle a tiny bit of extra olive oil and a little squeeze of fresh lemon juice on top for a bit of brightness.
- 7 Just to make it look pretty, garnish each gyro with a sprinkle of fresh dill and set a few lemon wedges on the side for that extra zing.
- 8 Serve these immediately while everything is hot and fresh. The pita should be fluffy and the tzatziki wonderfully creamy.
- 9 If you're feeling fancy, yeah, you can pair these with a simple cucumber salad or maybe some Greek fries to make it a full meal.
- 10 If you happen to have leftovers—though they usually go fast—just wrap the different parts individually and keep them in airtight containers.

Nutrition per serving

410 kcal

Calories

34 g

Protein

32 g

Carbs

16 g

Fat

Tips & notes

- Allowing the chicken to marinate for at least 10 minutes is key for that Mediterranean flavor.
- Wrapping pitas in a towel keeps them from getting stiff while you assemble the gyros.
- Squeezing the cucumber is the most important part of the sauce to avoid a watery mess.