



## CHICKEN SOUVLAKI WITH TZATZIKI

 **Prep:** 15 minutes plus marinating

 **Cook:** 20-25 minutes

 **Serves:** 4

### INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 lemon
- ½ tsp paprika
- 3 cloves garlic, crushed
- 2 tsp dried oregano
- ½ tsp LoSalt
- 500g chicken breast fillets, cut into chunks

### Tzatziki

- 150g fat free Greek yogurt
- 100g cucumber, grated
- 2 sprigs mint, leaves shredded
- ¼ tsp LoSalt

### METHOD:

1. Mix together the oil, juice of ½ lemon, paprika, garlic, oregano and LoSalt in a large bowl, stir in the chicken and marinate for 1-3 hours.
2. Thread the chicken onto 4 skewers and place under a preheated grill for 20-25 minutes, turning occasionally.
3. Meanwhile, mix together all the tzatziki ingredients and serve with the souvlaki and remaining lemon cut into wedges.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Great to prepare in advance as the flavours enhance with marinating. Ideal for barbecues served with a Greek salad and toasted pitta bread.