

Treasure Barrel

Greek Chicken Gyros with Tzatziki

15 min Prep time	**12 min** Cook time	**27 min** Total time
6 Servings	**Medium** Difficulty	**Mediterranean** Cuisine

Ingredients

Chicken and Marinade

- [ ] 680 g boneless, skinless chicken thighs, sliced into 1/4-inch strips
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp dried oregano
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tbsp plain Greek yogurt

Tzatziki Sauce

- [ ] 1 cup plain Greek yogurt (for tzatziki)
- [ ] 1 cup cucumber, grated and squeezed dry
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp fresh dill, chopped (plus extra for garnish)
- [ ] 1 tsp olive oil
- [ ] Salt to taste

Assembly and Garnish

- [ ] 6 small warm pita breads
- [ ] 1 cup diced tomato
- [ ] 1/2 cup sliced red onion
- [ ] 1 tbsp chopped fresh parsley

Instructions

1. In a medium bowl, whisk together 3 tbsp olive oil, 2 tbsp lemon juice, 1 tbsp oregano, 2 minced garlic cloves, 1 tsp salt, 1/2 tsp pepper, and 1 tbsp Greek yogurt until it's all nice and smooth. Add your sliced chicken and toss it around until every piece is evenly coated. Now, just cover it and let it marinate for about 10 minutes—or, if you have the time, let it sit in the refrigerator for up to 2 hours. Honestly, the longer it sits, the better.

2. Let's get the tzatziki ready. Combine 1 cup Greek yogurt, that grated cucumber (make sure you've squeezed it well to remove the excess liquid), 1 minced garlic clove, 1 tbsp lemon juice, 1 tbsp chopped dill, 1 tsp olive oil, and a bit of salt to taste. Mix it gently and pop it in the fridge until you're ready to use it.

3. Heat up a non-stick skillet or grill pan over medium-high heat. Add the marinated chicken, but look, leave a little space between the pieces so they don't steam. Cook for 4–5 minutes per side until they're a beautiful golden brown and the internal temperature reaches 165°F (74°C).

4. While the chicken is doing its thing, warm your pita breads. I usually just place them in a dry skillet over low heat for about 30 seconds on each side, but you can wrap them in foil and microwave them for 20–30 seconds if you're in a rush.

5. Now, this is the hard part: let the cooked chicken rest for 2 minutes. It lets the juices redistribute, which, yeah, makes the gyros so much juicier.

6. Lay a warm pita flat on your serving platter. Spread a generous spoonful of that chilled tzatziki over the surface—don't be shy with it!

7. Arrange several slices of the cooked chicken on top, then scatter your diced tomato, sliced red onion, and fresh parsley over the meat. I like to add a tiny pinch of dill here for that extra aroma.

8. Fold the sides of the pita over the filling and roll it up tightly. If it's acting a bit stubborn, just secure it with a toothpick to keep everything together.

9. Serve these immediately with some lemon wedges on the side. Squeezing a bit of fresh lemon over the top really cuts through the creamy sauce and tender meat for a perfectly balanced bite.

10. If you happen to have leftovers, be sure to keep the chicken and tzatziki separate. Store the chicken in an airtight container for up to 3 days and the sauce for 2 days. When you re-warm the chicken in the microwave or skillet, add a splash of water or yogurt if the sauce has thickened too much.

Nutrition per serving

420 kcal	34 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The yogurt in the chicken marinade helps tenderize the meat beautifully.
- Using chicken thighs instead of breasts keeps the meat juicy under high heat.
- The contrast of chilled sauce and hot meat is what makes this dish special.