

## CHICKEN SOUVLAKI WITH FLATBREADS



At just 75p per portion, these kebabs are perfect for a family meal. Complimented with homemade flatbreads and a tzatziki dip!

Don't feel you need to stick to the recipe precisely; experiment with other spices, or different meats and vegetables; whatever you have!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using the bridge /claw technique safely; crush garlic; use the hob (with adult supervision).

**Equipment:** Large pan, wooden spoon, chopping board, knife, tin opener, garlic crusher (optional), tablespoon, measuring jug, fork, measuring spoons, juicer, small bowls, baking tray, skewers.

**Allergens\*:** Gluten, Milk, Sulphites

### Ingredients (serves 4):

- 400g chicken
- 1 pepper
- 1 onion
- 8 button mushrooms
- 8 cherry tomatoes
- 1 tbsp olive oil
- 3 tsp oregano
- 1 lemon
- 1 tsp paprika
- Salt and pepper
- 2 garlic cloves
- 1 small lettuce
- 250 ml natural yoghurt
- 140g self raising flour
- 1 tsp mint sauce

### Method

1. Prepare the ingredients. Peel and crush the garlic, chop the tomatoes, mushrooms, onion and pepper into large chunks, chop the lettuce.
2. Add the garlic, oregano, lemon zest and juice, black pepper, oil and 50ml (1 tbsp) yoghurt to a small bowl and mix together.
3. Dice the chicken into 2cm chunks and add to the small bowl. Coat the chicken in the sauce and leave to marinate.
4. Add the marinated chicken chunks, and vegetables to skewers and place on a baking tray lined with foil. Put the kebabs under the grill, turning occasionally, for 15-20 minutes.
5. Add 100ml yoghurt and the mint sauce to another small bowl and mix together to make the tzatziki dip.
6. In a large bowl, mix the flour and 100 ml yoghurt together with a fork to form a dough. Bring the dough together with your hands and divide into 8 balls.
7. Roll out each ball into circles on a floured surface.
8. Heat a frying pan on a medium heat. Place 1 or 2 breads into the pan at a time. They should sizzle, and bubbles should appear on the surface after 1-2 mins. When the underside is golden, flip it and cook for another 2-3 mins. Continue until all the breads are cooked.
9. Assemble flatbreads with the tzatziki dip, lettuce and grilled chicken and vegetables.

\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

