

CHICKEN GYROS WITH SWEET POTATO WEDGES

INGREDIENTS

For the chicken

- 5-6 Chicken thigh
- 2 Clove of garlic
- 1/2 Bunch oregano
- 1 lemon
- 100ml Greek yoghurt

For the tzatziki

- 150ml Greek yogurt
- 1/2 Cucumber
- 2 Clove of garlic
- 1 lemon

For the wedges

- 750g sweet potatoes
- 2 tsp cornflour
- 1 tsp Chili flakes
- 1 tsp dried mixed herbs

Additional ingredients

- 6 Greek style flat bread
- 1 punnet of cherry tomatoes
- 1 red onion
- 1 Butterhead lettuce
- 1/2 cucumber



1. If you can start this recipe the night before and get the chicken marinated it will pack a lot more flavour. Make the marinade for the chicken by crushing the garlic, chopping the oregano and zesting the lemon, mix them all together in a zip lock bag with the chicken and leave in the fridge overnight. The natural acids in the yogurt will help to tenderise the chicken as it adds flavour.
2. Cut the sweet potatoes into wedges and soak in water for about an hour as this will help to release some of the starches in the potato and allow them to become crispier as they cook.
3. Pre heat your oven to 190c and place a non-stick oven tray in with some oil on to preheat.
4. Whilst the oven is heating drain and dry the sweet potatoes, toss them in a bowl with the cornflour, chilli flakes and herbs (do not put salt on them at this point as it will draw out any liquid in them and make them soggy, leave that until the end).
5. Place the wedge on the tray in the oven for 30 minutes.
6. Whilst they are cooking make the tzatziki by simply grating the cucumber and then giving it a quick squeeze to get rid of some of the excess liquid and mixing it with the crushed garlic, the juice of half of a lemon and the yogurt.
7. Roast the chicken in the oven on a separate shelf above the wedges for 25 minutes.
8. Once the chicken and wedges are cooked it is simply a case of warming your flat bread and building the gyros.
9. Put the tzatziki on the bottom of the bread topped by the lettuce, a little sliced onion, tomato and cucumber before topping with some sliced hot chicken. Perfect!