

Perfect recipe for a grab and go offer.

EDUCATION SECTOR: SECONDARY

SERVINGS: 10

ALLERGENS: GLUTEN AND MILK



Chicken Souvlaki

Ingredients

FOR THE CHICKEN

1.1kg Chicken thigh
30g KNORR Professional Garlic Puree
3g Oregano
5g Paprika
10g KNORR Professional Vegetable Powder Bouillon
1 Lemon

FOR THE SAUCE

100g Cucumber
100g Yoghurt

TO FINISH

250g Onion
250g Peppers
150g Tomatoes

TO SERVE

150g Lettuce
10 8' Flat bread

Method

FOR THE CHICKEN:

- Mix the KNORR Professional Garlic Puree, lemon juice, oregano, paprika and KNORR Professional Vegetable Powder Bouillon together in a bowl then add the chicken.
- Cover and marinate in the fridge for 1 hour.

FOR THE SAUCE:

- Grate the cucumber into a bowl and mix in the yoghurt.
- Cover and chill until needed.

TO FINISH:

- Pre-heat oven to 170°C.
- Peel and dice the onion and dice the peppers and tomatoes.
- Place the vegetables onto an oven tray, remove the chicken from the marinade and place on top of the vegetables.
- Place the tray into the oven and bake for 25 minutes or until the core temperature is reached.

TO SERVE:

- Slice the lettuce then top the warmed flatbreads.
- Chop the chicken then add to the flatbreads and spoon on the yoghurt.

