

Chicken Souvlaki

with Tzatziki, Pitta and Salad

hellóchef

Let your mind travel to those beautiful Greek islands!

Cals 738 • Prot 65 • Carbs 90 • Fat 14

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🕒 cook: 35 min

R2025



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Skewers	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Bamboo skewers	6	9	12	Piece
Lemon	1	1	2	Piece
Garlic onion powder	4	4	8	Grams
Red onion	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Dried oregano	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Salt	1	2	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Yellow pepper	1	2	2	Piece
Salad				
Baby gem lettuce	1	2	2	Piece
Tomatoes	1	2	2	Piece
Kalamata olives	40	60	80	Grams
Tzatziki				
Garlic cloves	1	1	1	Piece
Cucumber	1	2	2	Piece
Natural yogurt 4*	170	340	340	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Pitta bread 4*, 5*, 9*, 10*, 11*	2	3	4	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3084 / 738
Fat (g)	13.7
of which saturates (g)	3.3
Carbohydrate (g)	90
of which sugars (g)	20.5
Fiber (g)	10.7
Protein (g)	65.2
Salt (g)	2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water. Chop the **chicken breasts** into bite-sized cubes and add them to a bowl. Wash the **lemon** and grate its zest with a fine blade. Add {0.5/1/1} tsp of **lemon** zest, {1/1.5/2} Tbsp of **lemon** juice, the **garlic onion powder, olive oil, honey, dried oregano, smoked paprika, salt** and **pepper** to the bowl. Set aside.

Tip! Marinate the chicken up to 24 hours in advance.



2 Thread skewers

Peel and slice the **onions** into wedges and separate them into petals. De-seed and chop the **peppers** into bite-sized pieces. Thread the marinated **chicken, peppers** and **onion** onto the **skewers**.



3 Roast skewers

Add the **chicken skewers** to a baking tray with a drizzle of **oil** and a pinch of **salt**. Roast for 10–12 min or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready!



4 Make tzatziki

Meanwhile, peel and mince {0.5/0.5/1} **garlic cloves**. Grate the **cucumber** and squeeze out any excess liquid. Add the **garlic, cucumber** and the **yogurt** to a bowl. Season with a pinch of **salt** and **pepper**. Slice the **tomatoes**.

Tip! Don't like raw garlic? Go easy.



5 Prep

Heat the **pitta** pockets in the oven for 3 min or until soft and warmed through.

Tip! Mix the veg together with some of the remaining lemon juice and enjoy as a salad, or fill the pittas however you like.



6 Serve

Slice each **pitta** into two pockets and stuff with the **tomatoes, chicken, vegetables** and **tzatziki**. Alternatively, top each **pitta** with the roasted ingredients and fold them over.