

Chicken gyros with tzatziki and tomato salad

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 70 (approximately 385g)

Ingredients - chicken

- 12kg skinless chicken breasts
- 40 cloves garlic, crushed
- 240mL white wine vinegar
- 800mL lemon juice
- 240mL olive oil
- 800mL reduced fat natural yoghurt
- 5 tablespoons dried oregano
- 1 medium iceberg lettuce, shredded to serve
- 70 wraps

Ingredients - tomato salad

- 20 medium tomatoes, diced
- 4 continental cucumbers, unpeeled, diced
- 3 red onions, finely chopped
- 1 large bunch flat leaf parsley, chopped

Ingredients - Tzatziki

- 10 continental cucumbers, unpeeled, grated
- 10 cups reduced fat natural yoghurt
- Juice of 2 large lemons
- 5 tablespoons olive oil
- 8 cloves garlic, crushed

Method

1. Place chicken marinade ingredients in a large bowl, mix to combine, cover and refrigerate overnight
2. The following day, preheat oven to 180°C. Line deep baking trays with baking paper, spread chicken out evenly. Bake for 20 minutes or until chicken is cooked through, slightly golden but not dry
3. While chicken is cooking combine tomato salad ingredients in a large bowl, toss gently
4. Combine tzatziki ingredients in a bowl, chill until needed. The longer the tzatziki sits the more the flavour develops
5. Lay the wraps out flat, in the centre of each wrap place approximately 120g of chicken, 3 tsp tomato salad, ½ cup shredded lettuce and 3 tsp of tzatziki. Roll wrap tightly in sandwich wrap.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	2194kJ	571kJ
Protein	49.2g	12.8g
Total fat	22.2g	5.8g
Saturated fat	5.7g	1.5g
Carbohydrate	28.6g	7.4g
Sugars	7.6g	2.0g
Dietary fibre	4.4g	1.1g
Sodium	376mg	98mg



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