



Greek chicken wrap



Serves 2



Equipment



2 Mixing bowl



Measuring spoons



Garlic press



Wooden spoon



Chopping board



Knife



Pan



Tongs

Ingredients

For the chicken marinade:

8 Chicken strips 

2 tbsp greek yoghurt 

½ tbsp olive oil 

½ tsp oregano 

½ tsp thyme 

½ tsp paprika 

1 tbsp lemon juice 

1 garlic clove 

Pinch of salt and pepper 

For the salad:

Small handful leaves 

4 cherry tomatoes 

4 black olives 

½ red onion 

¼ cucumber 

6 pieces of feta cheese 

1 tsp olive oil 

1 tsp lemon juice 

2 tsp tzatziki 

2 tortilla 



Method

1. Mix the marinade and the chicken strips in a mixing bowl



2. Dice the tomatoes, onion, cucumber and olives



3. Mix the salad ingredients



4. Cook the chicken in a pan with oil



5. Assemble and roll up the wrap



Tortilla + Tzatziki + salad + chicken

<https://www.youtube.com/shorts/qO6xfapnbl>