

Chicken gyros with pita bread and tzatziki sauce

Total time **165 mins** 15 mins preparation time 30 mins cooking time 120 mins marinating time

Nutritional facts (per portion):
3072 kJ / 735 kcal

Fat: **26 g** Protein: **47 g**
Carbohydrates: **62 g**

INGREDIENTS

2 portion(s)

Meat:

2 tbsp natural yogurt
4 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
3 cloves of garlic
1 tsp oregano
1 tsp ground sweet paprika
0.5 tsp dried rosemary
0.5 tsp cumin
1 tsp black cumin
400 g chicken thigh (skinless and boneless)

Tzatziki Sauce:

1 large green cucumber
3 tbsp mayonnaise
3 tbsp Greek yoghurt
2 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 pinch of pepper
1 clove of garlic

To serve:

0.5 bunch of mint
2 Greek pita breads
1 tbsp pomegranate seeds

PREPARATION

Step 1

2 tbsp natural yoghurt - **4 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **3** cloves of garlic - **1 tsp** oregano - **1 tsp** ground sweet paprika - **0.5 tsp** dried rosemary - **0.5 tsp** cumin - **1 tsp** black cumin - **400 g** chicken thigh (skinless and boneless)

For the marinade, mix the yoghurt with Kikkoman Ponzu Lemon in a bowl. Add pressed garlic and the spices and mix well. Marinate the chicken in the resulting sauce for at least 2 hours in the fridge.

Step 2

1 large green cucumber - **3 tbsp** mayonnaise - **3 tbsp** Greek yoghurt - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 pinch** of pepper - **1** clove of garlic

To prepare the tzatziki sauce, grate the green cucumber into a bowl. Add the mayonnaise, yoghurt, Kikkoman Ponzu Lemon and pepper. Add pressed garlic and mix everything thoroughly.

Step 3

0.5 bunch of mint - **2** Greek pita breads - **1 tbsp** pomegranate seeds

Barbecue the chicken on a preheated grill for about 15 minutes. Serve in toasted pita bread with the tzatziki sauce, chopped mint and pomegranate seeds.