



Quick Greek chicken gyro

10'

Hands on

10'

Cook Time

2-4

Portion(s)

1

Difficulty



Method

Watch the video in sign language [here](#).

- In a [mortar and pestle](#) or a food processor add the coriander seeds, grated garlic clove, lemon zest, smoked paprika, chili flakes and dry thyme. Mash or beat until very finely ground.
- Add salt, pepper, extra virgin olive oil and the juice from ½ a lemon.
- Stir or beat until all of the ingredients are incorporated and the mixture thickens slightly.
- Set aside and prepare the chicken.
- Chop the chicken in to thin strips and transfer to a bowl.
- Add the marinade and [mix](#) until all of the pieces of chicken are completely coated.
- Place a [nonstick pan](#) over high heat and let it get very hot, until it is smoking.
- Add the chicken in batches and sauté for 3-4 minutes, until the chicken is cooked through and golden brown on all sides. Do not crowd the pan and do not stir often so the chicken can brown nicely. If you do, it will release its juices and boil instead of brown.
- When ready, add 1 tablespoon of lemon juice. Stir and transfer to a bowl. Place pan back on heat. Wipe with some paper towels and repeat the same process.
- Let it heat until it is smoking, add another batch of chicken, sauté until golden brown and add 1 tablespoon of lemon juice.

To serve

- Make a nice platter with the gyro, some thinly sliced tomatoes and onions, homemade [Greek pita bread](#), [tzatziki sauce](#), and [fries](#)!
- Drizzle whole platter with extra virgin olive oil, dry oregano, salt, freshly ground pepper and serve!

Ingredients

- 1 tablespoon coriander seeds
- 1 clove of garlic, grated
- grated zest of 1 lemon
- 3 tablespoons juice from a lemon
- 2 tablespoons smoked paprika
- 2 pinches chili flakes
- 1 tablespoon dry thyme
- 60 ml extra virgin olive oil
- 3 chicken thighs, skinless, boneless (600 g total)

To serve

- tzatziki sauce
- homemade Greek pita bread
- fries
- 1 onion, thinly sliced
- 1 tomato, thinly sliced
- dry oregano
- extra virgin olive oil
- salt
- freshly ground pepper

Διατροφικός πίνακας

Nutrition information per portion

305 Calories (kcal)	21.0 Total Fat (g)	4.7 Saturated Fat (g)	0.0 Total Carbs (g)
15%	30%	24%	0%
0.0 Sugars (g)	28.0 Protein (g)	0.0 Fibre (g)	0.5 Sodium (g)
0%	56%	0%	8%