

Chicken Souvlaki, Tzatziki, Greek Rice & Salad



Ingredients

- 3 tbsp lemon juice
 - 2 tsp oregano
 - 2 tsp oil
 - ½ tsp salt
- 4 garlic cloves, minced
- 500g chicken, diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 2 onions, quartered
 - 4 pitta breads
 - Bag of salad

For the the tzatziki:

- ½ cucumber
- 250ml Greek yogurt
- 2 garlic cloves, crushed
- 1 bunch fresh mint, chopped
 - 2 tbsp lemon juice
 - ½ tsp dried mint

For the the Greek rice:

- 2 tbsp oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 300g long grain rice
- 500ml chicken stock
- 75ml lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ bunch fresh parsley, chopped

Methods

1. Combine the lemon juice, oregano, oil, salt and garlic in a ziplock bag and shake to combine.
2. Add chicken to the bag, seal and marinate in the fridge for 30 minutes.
3. Remove the chicken from the bag, discard the marinade. Thread the chicken, onion and peppers onto the skewers.
4. Either grill or use a griddle to cook for 10 minutes turning frequently and ensuring chicken is cooked evenly.
5. Grill the pitta breads for a couple of minutes just to soften.
6. Serve with the salad, tzatziki dip and Greek rice.

Let's make the tzatziki:

1. Halve the cucumber lengthwise and scoop out the seeds (discard them as they just water down the dip).
2. Grate one half of the cucumber and squeeze out any remaining water.
3. Chop the remaining cucumber into small chunks.
4. Put the yoghurt into a bowl and add the cucumber, garlic, mint including dried, and the lemon juice.

5. Stir well.

Let's make the Greek rice:

1. Heat the oil in a large saucepan with a lid over a medium heat. Add the onion and cook for 3 to 4 minutes until soft. Stir in the garlic and cook for another 30 seconds.
2. Add the rice and cook (without liquid) until the rice turns almost translucent.
3. Add the stock, lemon juice, salt and pepper to the saucepan. Cover the pan with lid and bring to a simmer. Turn the heat to low and cook for about 20 minutes or until the rice is done, the liquid should be fully absorbed. Remove the rice from heat and leave it covered, undisturbed for 10 minutes.
4. Uncover the saucepan and stir in the parsley.