



SUPER SOUVLAKI

Ingredients – makes 6 souvlaki

3 chicken breasts
6 pita breads (warmed if time permits)

DRESSING

Rind of lemon
Juice of half a lemon
 $\frac{1}{4}$ cup olive oil
1 tablespoon oregano
 $\frac{1}{2}$ tablespoon thyme
parsley

TZAZIKI

1 cup plain Greekyoghurt
1 Lebanese cucumber
1tsp garlic
Fresh parsley
1 teaspoon lemon juice
Salt and pepper to season

FILLING

Lettuce
2 Tomatoes
Capsicum
 $\frac{1}{2}$ red onion

Equipment

Kiddies Food Cutter
Large bowl and small bowl
Measuring spoons and cups
Wooden spoon
Electric fry pan
Metal spoon
Tongs
Grater
Foil/Paper lunch bags
Juicer
Plate
Chopping board
Scrap bowl



Method

1. Chop chicken into cubes. Wash board and knife after chopping chicken.
2. Grate rind off lemon and then juice.
3. Prepare dressing ingredients and mix in large bowl.
4. Add chicken to large bowl and mix dressing through.
5. Spray fry pan lightly with cooking spray, turn to medium heat and cook chicken for approximately 4–5 minutes (Adult job).
6. Dice cucumber finely, leaving the skin on.
7. Finely chop remaining parsley.
8. Combine cucumber, parsley, lemon juice, yoghurt and mix for tzatziki. Season tzatziki with a couple pinches of salt and pepper.
9. Prepare salad fillings – shred lettuce, slice tomato, slice capsicum and onion.
10. Spread pita with tzatziki, add salad ingredients, place chicken on top and wrap in foil.
11. Most delicious, most super eaten warm!