



Grilled Chicken Gyro Wraps

Chicken tenderloins, potato chips and fresh salad ingredients served in rustic flatbreads.



30 minutes



2 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	2
BABY COS LETTUCE	1
TOMATO	1
CARROT	1
CHICKEN TENDERLOINS	300g
LEBANESE FLATBREAD	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

NOTES

Switch it up:

Add bacon and use a mayonnaise based dressing for a caesar style wrap.

Combine chutney and yoghurt to make an Indian inspired dressing. Add sliced mango and cucumber for a tropical flavour.

No gluten option – Lebanese flatbread is replaced with GF wraps.

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1. ROAST THE CHIPS

Set oven to 220°C. Cut **potatoes** into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.

TIP *You can use an air fryer to cook the chips if you have one. Add a dried herb or ground spice for extra flavour. Dried rosemary, oregano or ground paprika work well.*

2. PREPARE THE FILLINGS

Rinse and shred **lettuce** leaves. Slice or dice **tomato**. Grate or julienne **carrot**. Set aside.

TIP *You can add some cucumber, avocado, sprouts or fresh herbs if you want more fillings.*

3. GRILL THE CHICKEN

Heat frypan or BBQ over medium–high heat. Coat **chicken tenderloins** with **1 tsp dried oregano, oil, salt and pepper** (see tip). Cook **chicken** for 3–4 minutes each side or until cooked through. Place on a chopping board and slice when cool enough to handle.

TIP *Add some lemon zest or lemon pepper for extra boost of flavour. You can use smoked paprika and cumin for a Mexican flavour. Curry powder works well for Indian.*

4. FINISH AND SERVE

Assemble **wraps** with **chicken, chips, salad ingredients** and condiments of choice (see tip).

TIP *You can add a mayonnaise, hummus, chutney or yoghurt sauce to serve. We used yoghurt mixed with crushed garlic.*

This recipe has simplified instructions to help lower your meal cost.