

Easy Mediterranean Chicken Gyros for a Flavorful Meal

Some recipes have a way of transporting you to another place. This



TIME
30 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

- 1.25 lbs boneless, skinless chicken thighs or breasts
- 3 tablespoons olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- Salt and black pepper, to taste
- 1 cup plain Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, finely minced
- Salt, to taste
- 4 warm pita or flatbreads
- 1 cup diced tomatoes
- 1 cup chopped cucumber
- 1/2 cup thinly sliced red onion
- 1/2 cup crumbled feta cheese
- Fresh parsley or mint for garnish

DIRECTIONS

- 1.** Marinate the : Chicken: In a medium bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, dried thyme, cumin, salt, and pepper. Add the chicken and toss until it's completely coated. Cover and marinate in the refrigerator for at least 30 minutes, or for best results, up to 2 hours.
- 2.** Cook the : Chicken: Heat a grill or a large skillet over medium-high heat. Cook the marinated chicken for 5-6 minutes per side, or until it's golden and cooked through (the internal temperature should reach 165°F). Remove the chicken from the heat and let it rest for a few minutes before slicing it into strips.
- 3.** Prepare the : Garlic Yogurt Sauce: In a small bowl, whisk together the Greek yogurt, olive oil, lemon juice, finely minced garlic, and a pinch of salt until the sauce is smooth. You can make this ahead of time and chill it in the refrigerator until you're ready to serve.
- 4.** Assemble the : Gyros: Warm your pita bread on a skillet or in the microwave. Lay the pita flat and spoon a layer of the garlic yogurt sauce over it. Top with a generous amount of sliced chicken, followed by the diced tomatoes, chopped cucumber, sliced red onion, and crumbled feta cheese.
- 5.** Serve and : Enjoy: Drizzle a little more of the garlic yogurt sauce over the top and garnish with fresh parsley or mint. Fold the gyros and serve them immediately with extra sauce or a lemon wedge on the side.

SWAPS & NOTES

Chicken: Chicken thighs are my preference because they stay incredibly juicy and tender.

Chicken breasts also work beautifully.

Yogurt: Full-fat Greek yogurt is what gives the sauce its creamy, rich texture.

You can use a lower-fat version, but the sauce won't be as thick.

TIPS FOR SUCCESS

Marinate for Flavor: Don't skip the marination step.

It makes a huge difference in the final flavor and tenderness of the chicken.

Don't Overcook the Chicken: Chicken breasts can dry out quickly, so keep an eye on them.

Warm the Pita: Warming the pita bread makes it much easier to fold and gives it a softer texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-mediterranean-chicken-gyros-for-a-flavorful-meal/>