

Greek Lemon Chicken Gyro Wraps with Creamy Garlic Feta Sauce

PREP TIME: 30-120 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1-2 HRS 30 MINS

SERVINGS: 3-4

WINE PAIRING: 2024 SÉMILLON

INGREDIENTS

For the Lemon Chicken:

- 1 lb (450 g) boneless, skinless chicken thighs or breasts
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

For the Creamy Garlic Feta Sauce:

- 1/2 cup crumbled feta cheese
- 1/3 cup Greek yogurt
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon black pepper

For the Wraps:

- 4 large pita breads or flatbreads
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/2 cup shredded lettuce or baby spinach
- Fresh parsley for garnish

INSTRUCTIONS:

Marinate the Chicken

1. In a bowl, combine olive oil, garlic, lemon juice, lemon zest, oregano, salt, and black pepper.
2. Add the chicken and toss to coat. Marinate for at least 30 minutes, preferably 1–2 hours for maximum flavor.

Cook the Chicken

1. Heat a skillet over medium-high heat. Cook chicken for 5–6 minutes per side until fully cooked and golden brown.
2. Remove from heat and slice thinly.

Make the Creamy Garlic Feta Sauce

1. In a small bowl, combine crumbled feta, Greek yogurt, olive oil, minced garlic, lemon juice, and black pepper.
2. Mix until smooth and creamy.

Assemble the Gyro Wraps

1. Warm the pita breads slightly. Spread a generous layer of creamy garlic feta sauce on each bread.
2. Top with sliced chicken, cherry tomatoes, cucumber, red onion, and shredded lettuce.

Serve

1. Garnish with fresh parsley, roll the wraps, and serve immediately for a fresh, flavorful Greek-inspired meal.

