



Yoghurt wraps with Greek chicken

Recipe by Kate Cairn Carnation

Kitchen and SoHo Wholefoods



Serves 4-6



30 minutes

YOGHURT WRAPS

- 3 cups self raising flour
- 1 and 2/3 or 2 cups Greek Yoghurt
- 2 tablespoon olive oil
- 4-6 sheets of baking paper

TIP

Use the baking paper like a plate for the dough. Do not remove the baking paper until the flat bread is in the pan and starting to cook.

DIRECTIONS

1. Mix 2 cups self raising flour and the yoghurt together in a bowl. It will form a sticky dough, no kneading necessary. Using the extra cup of flour on your hands and a butter knife, divide the mixture into 4 large balls or 6 smaller balls.
2. Oil the baking paper. Pop each dough ball on separate sheets. Sprinkle with flour and using your fingertips, from the middle out, press each ball out into a circular shape (about 20-25cm)
3. Heat a large, non-stick pan on medium heat. When hot, place one flatbread (baking paper side up) on the heated surface and cook for 2-3 minutes, or until golden, before gently removing the baking paper, flip then cook for another two minutes. Repeat the process until all the wraps are cooked.



Afternoons

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Greek chicken

GREEK CHICKEN

- 2 tablespoons olive oil
- 2 tablespoon red wine vinegar or more to taste
- 2 teaspoons lemon juice
- 2 teaspoon honey or more to taste
- 2 teaspoon dried garlic powder
- 2 teaspoons dried oregano
- 1 pinch salt or more to taste
- ½ teaspoon ground paprika
- ½ teaspoon ground black pepper
- 500gm chicken breast or tenderloin

DIRECTIONS

1. Whisk all ingredients together in a bowl. If using chicken breast cut into 1-2 cm thick strips. Add to bowl of marinade mix. Pop in the fridge and leave to marinate for 30mins (this is enough time to make your wraps)
2. Heat a pan or bbq to medium high heat and cook for 8-20 minutes or until golden turning regularly.

Serve in your Greek yoghurt wraps with lettuce tomato and tzatziki.



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