

CHICKEN SOUVLAKI



INGREDIENTS (SERVES 4)

1 tablespoon red wine vinegar
1 tablespoon lemon juice
1-2 tablespoons chopped fresh oregano
1 tablespoon chopped fresh thyme
1 tablespoon extra virgin olive oil
400g chicken thigh

METHOD

1. Mix the vinegar, lemon juice, oregano, and thyme in a bowl. Season with salt and pepper. Slowly whisk in the oil.
2. Place chicken in a bowl with the dressing and marinate for at least 3 hours and preferably overnight.
3. Heat a chargrill pan or non-stick frypan over medium-high heat. Cook the chicken for 3-4 minutes each side until golden and cooked through. Serve with a Greek salad and tzatziki.

Nutrition Guide

PER SERVE

Energy (cal)	181cal
Protein	18.3g
Fat	11.9g
Saturated Fat	2.6g
Carbohydrate	0.1g
Sugar	0.1g
Sodium	62mg

NOTES



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