

Chicken souvlaki salad

Prep 10 min

Cook 30 min

Serves 2

2 skinless chicken breasts (about 280g)
2 garlic cloves, peeled and finely grated
1½ unwaxed lemons
2 tsp dried oregano
1 tsp sweet smoked paprika
Extra-virgin olive oil
Sea salt and black pepper
2 pittas
1 red onion, peeled and finely sliced
½ cucumber, halved lengthways and sliced
150g greek yoghurt
2 little gems, trimmed and shredded
80g pitted black olives, torn
A few mint sprigs, leaves picked and finely shredded

A tzatziki-style dressing, crunch from the greens, salty black olives and nuggets of toasted pitta make this incredibly addictive.

Put the chicken breasts in a bowl and add half the grated garlic, the finely grated zest of one lemon, a teaspoon of dried oregano, all the paprika and a good glug of olive oil, season generously and toss to coat.

Put a medium frying pan on a medium heat, drizzle in a little olive oil, then lay in the chicken breasts and scrape any of the remaining marinade from the bowl on to the meat. Cook for about eight minutes, until the underside is charred, then flip and cook for a further six to eight minutes, until that side's also charred and the meat is cooked through. Transfer to a plate to rest.

While the chicken is cooking, heat the oven to 200C (180C fan)/ gas 6, tear the pittas into bite-sized pieces and put in a bowl. Add half a teaspoon of dried oregano, season well and drizzle with olive oil. Toss to coat, then spread out on a small oven tray and bake for eight to 10 minutes, until golden. Remove and leave to cool.

Put the sliced red onion and cucumber in a large serving bowl, squeeze over the juice of one lemon, season well, then toss to combine.

Make a yoghurt dressing by whisking the yoghurt with the juice of the remaining half-lemon, the remaining grated garlic, two tablespoons of extra-virgin olive oil and some seasoning.

Toss the shredded lettuce and black olives through the onions and cucumbers, then pile the pitta chips to one side. Slice the chicken and pile next to the pitta. Spoon over the garlicky dressing, scatter with the shredded mint and the remaining half-teaspoon of dried oregano, toss again and serve immediately.

