



# Chicken Gyro

## Ingredients

### For the Chicken:

- ½ cup whole milk Greek yogurt
- 4 cloves garlic, grated or minced
- Zest and juice of 1 lemon
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- ½ teaspoon sweet paprika
- ½ teaspoon turmeric
- ½ teaspoon black pepper
- ¼ teaspoon cinnamon
- ¼ to 1 teaspoon red pepper flakes (adjust to taste)
- 6 medium boneless, skinless chicken thighs (or 3 chicken breasts, halved lengthwise)

### For Serving:

- 3 cups shredded iceberg lettuce
- ½ cup thinly sliced red onion
- 1 beefsteak tomato, sliced
- 4 large pita flatbreads (optional)
- Tzatziki sauce (optional)

## Instructions

### 1. Prepare the Marinade:

In a large bowl, mix Greek yogurt, garlic, lemon zest and juice, salt, cumin, onion powder, paprika, turmeric, black pepper, cinnamon, and red pepper flakes until well combined.

### 2. Marinate the Chicken:

Add the chicken thighs (or breasts) to the marinade, coating them thoroughly. Cover and refrigerate for at least 30 minutes, or up to overnight (avoid exceeding 36 hours to prevent the yogurt from breaking down the chicken too much).

### 3. Cook the Chicken:

Grill, pan-sear, or bake the marinated chicken until fully cooked and slightly charred around the edges, about 15-20 minutes depending on method and thickness.

### 4. Assemble and Serve:

Serve the chicken sliced in pita bread with shredded lettuce, red onion, tomato, and a dollop of tzatziki sauce. Alternatively, enjoy over a fresh salad.

