

# Chicken gyros with pita bread and tzatziki sauce

Total time **165 mins** 15 mins preparation time 30 mins cooking time 120 mins marinating time

Nutritional facts (per portion):  
**3072 kJ / 735 kcal**

Fat: **26 g** Protein: **47 g**  
Carbohydrates: **62 g**

## INGREDIENTS

2 portion(s)

### Meat:

- 2 tbsp** natural yogurt
- 4 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)
- 3** cloves of garlic
- 1 tsp** oregano
- 1 tsp** ground sweet paprika
- 0.5 tsp** dried rosemary
- 0.5 tsp** cumin
- 1 tsp** black cumin
- 400 g** chicken thigh (skinless and boneless)

### Tzatziki Sauce:

- 1** large cucumber
- 3 tbsp** mayonnaise
- 3 tbsp** Greek yoghurt
- 2 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)
- 1 pinch** of pepper
- 1** clove of garlic

### To serve:

- 0.5 bunch** of mint
- 2** Greek pita breads
- 1 tbsp** pomegranate seeds

## PREPARATION

### Step 1

**2 tbsp** natural yoghurt - **4 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - **3** cloves of garlic - **1 tsp** oregano - **1 tsp** ground sweet paprika - **0.5 tsp** dried rosemary - **0.5 tsp** cumin - **1 tsp** black cumin - **400 g** chicken thigh (skinless and boneless)

For the marinade, mix the yoghurt with Kikkoman Ponzu Lemon in a bowl. Add pressed garlic and the spices and mix well. Marinate the chicken in the resulting sauce for at least 2 hours in the fridge.

### Step 2

**1** large cucumber - **3 tbsp** mayonnaise - **3 tbsp** Greek yoghurt - **2 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - **1 pinch** of pepper - **1** clove of garlic

To prepare the tzatziki sauce, grate the green cucumber into a bowl. Add the mayonnaise, yoghurt, Kikkoman Ponzu Lemon and pepper. Add pressed garlic and mix everything thoroughly.

### Step 3

**0.5 bunch** of mint - **2** Greek pita breads - **1 tbsp** pomegranate seeds

Barbecue the chicken on a preheated grill for about 15 minutes. Serve in toasted pita bread with the tzatziki sauce, chopped mint and pomegranate seeds.