



## Chicken gyro Free Recipe 10042025

### Description

### Recipe

#### Chicken gyro

A spiced yoghurt marinade makes this chicken gyro tender and full of flavour. The name gyro comes from the Greek word for 'turn': meat is cooked on a vertical spit which turns in front of a heat source. For this version, you don't need a spit: cook the chicken on a couple of large skewers, and if the weather isn't looking bright enough for a barbie you can cook it in the oven.

### Recipe tips

To cook in the oven, preheat the oven to 190C/170C Fan/Gas 5. Lay the skewers on a foil-lined roasting tray, drizzle with olive oil and roast for about 1 hour, turning over halfway through, or until cooked through, golden and charred at the edges. Drizzle with olive oil and squeeze over the juice of the second lemon for the last 10 minutes of cooking.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

## Shopping List

Fruit and vegetables pickled chillies 1 tbsp ground coriander 4 garlic cloves, crushed or grated 2 lemons, juice only 1 lemon, cut into wedges thinly sliced red onion sliced tomatoes Cooking ingredients sea salt and freshly ground black pepper ¼ tsp cayenne pepper 1 tsp ground cinnamon 6 tbsp olive oil 1 tbsp dried oregano, plus extra to serve 1 tsp sweet smoked paprika Dairy, eggs and chilled 300g/10½oz Greek-style yoghurt Meat, fish and poultry 800g/1lb 12oz skinless and boneless chicken thighs Other 4 pitta breads, warmed

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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### Tags

1. coriander
2. freshly ground black pepper
3. garlic
4. ground black pepper
5. pepper
6. lemons
7. red onion
8. juice
9. onion
10. lemon juice
11. black pepper
12. tomatoes
13. olive oil
14. pitta breads
15. paprika
16. Greek-style yoghurt
17. smoked paprika
18. sweet smoked paprika
19. yoghurt
20. dried oregano
21. cloves
22. oregano
23. Egg-free
24. ground coriander
25. ground cinnamon
26. Nut-free
27. pickled chillies
28. gcinnamon
29. Pregnancy-friendly
30. chillies
31. cayenne pepper
32. Chicken gyro
33. chicken thighs
34. lemon

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- 35. garlic cloves
- 36. boneless chicken thighs
- 37. lemons juice

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admin

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