

TZATZIKI CHICKEN



INGREDIENTS

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|---|----------------|
| Olive Oil | 75 ml |
| Lemon Juice, Fresh is best (about 2 lemons) | 45 ml |
| Garlic, Minced | 2 cloves |
| Fresh BC Oregano or dried | 25 ml 10 ml |
| Ground Pepper | 10 ml |
| BC Chicken Thigh Boneless, skinless (about 8 pieces) | 600 g |
| Kosher Salt | 10 ml |

For the Tzatziki Sauce

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| BC Yogurt* | 200 ml |
| BC Cucumber Seeded & Grated | ½ |
| Lemon Juice | 10 ml |
| Garlic, minced | 2 cloves |
| Fresh BC Dill, chopped | 15 ml |
| Salt & Pepper to taste | |

DIRECTIONS

1. For the chicken, combine all ingredients except for the salt. Marinate at least 2 hours but best if left over night.

2. While the chicken is marinating, combine all ingredients for the Tzatziki sauce. Let rest in the refrigerator for at least 2 hours or overnight to let the flavours come together.
3. When you are ready to cook your chicken, remove it from the marinade and season with salt. **BE SURE TO DISCARD MARINADE.**
4. At this point, you can either skewer the souvlaki or go directly to the grill or oven with your B.C. chicken thighs.
5. Cook until chicken reaches internal temperature of 74C.
6. Serve with Tzatziki sauce and your favourite side dish such as our Greek Style BC Potato Salad and warm pita bread.



CHEF'S TIP

*Greek Style yogurt will give you a more authentic flavour and consistency but if you are looking to reduce fat, feel free to use a 2%