

Greek chicken with tzatziki

Serves 4

Ingredients:

Chicken thigh meat , skinless,boneless 4 pcs
Lemon juice ½
Ground pepper TT
Greek herb seasoning TT
tzatziki store bought 1 jar
Spinach 4 cups
Oven roasted potato wedges 1 cup
Olive oil 1 TBSP
Butter, unsalted 2 TBSP
Garlic, minced 1 clove

Greek salad
Lettuce
Olives
Tomatoes
Cucumber
Tzatziki dressing
Lemon juice

Method:

1. Pat dry chicken, season with lemon juice, pepper and salt. Heat 1 TBSP of oil in a saucepan over medium heat, fry the chicken breasts for 2 minutes; turn over and fry for another 2 minutes; add garlic. Remove from frying pan and placed on parchment lined bake pan. Heat oven to 375 F. Place chicken in oven for about 12 minutes.
2. In the same frying pan, melt butter, add potatoes and fry medium heat until golden brown.
3. Alternatively, roast potatoes wedges in oven for 20 mimutes.



4. Remove chicken from oven, place on cutting board, cut into serving pieces. Serve with potatoe wedges and or pita bread. Greek salad optional