"Special" Sudoku

Here's a special Sudoku challenge for you.

Normal Sudoku rules apply :-

- Each Letter Appears in each column only once
- Each Letter Appears in each row only once
- Each Letter Appears in each 3 by 3 orange grid only once

The 9 Letters used in the Sudoku puzzle are :-

AEOUDLRVY

	Α						V
U					0		
V			Ε		L	Υ	R
				L		V	
R		Υ			Α		Ε
	D		Α				
Y	R	U		V			Α
		V					0
Α						U	

Finally, find in the grid is a hidden 3 word phrase :-

- Hidden in the first row is the first word of the hidden phrase
- Hidden in the fourth row is the second word of the hidden phrase
- Hidden in the seventh row is the third word of the hidden phrase

