

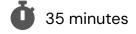




# **Smashed Lamb Gyros**

# with Tzatziki

Savoury, fun and delicious smashed lamb gyros, featuring seasoned lamb mince cooked on pita breads, topped with creamy yoghurt tzatziki, fresh tomato, and crisp lettuce for a Greek-inspired twist. Served with crispy oven baked potato wedges.





2 servings



# Mix it up!

You can make lamb and potato stuffed pita pockets instead! Serve with a dollop of yoghurt and salad on the side.

TOTAL FAT CARBOHYDRATES

37g

24g

52g

#### FROM YOUR BOX

MEDIUM POTATOES	2
DILL	1 packet
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
ТОМАТО	1
BABY COS LETTUCE	1
RED ONION	1
LAMB MINCE	300g
PITA POCKETS	5-pack

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary

#### **KEY UTENSILS**

large frypan or BBQ hotplate, oven tray

#### **NOTES**

Use onion to taste. We used 1/4 diced onion for the fillings and 1/4 for the lamb mixture.

You could divide into 5 even size meatballs and use all the pita breads if preferred. Spread the lamb filling as much as possible and adjust the cook time if needed.

Use a spatula to press the pita bread down into the pan to further flatten the lamb.

No gluten option - pita pockets are replaced with GF wraps.



#### 1. ROAST THE POTATOES

Set oven to 250°C.

Cut **potatoes** into wedges and toss on a lined oven tray with **1/2 tsp rosemary**, **oil**, **salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



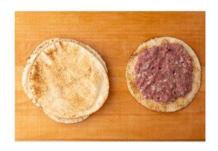
### 2. PREPARE THE TZATZIKI

Chop dill. Grate cucumber and use hands to squeeze out excess water. Combine in a bowl with yoghurt and crushed garlic. Season with salt and pepper. Set aside in the fridge until serving.



#### 3. PREPARE THE FILLINGS

Slice **tomato** and thinly shred **lettuce**. Slice **1/4 red onion** (see notes). Set aside.



## 4. PREPARE THE PITAS

Finely dice 1/4 red onion. Combine with lamb mince with 1/2 tsp rosemary, salt and pepper. Divide into 4 even-sized meatballs (see notes). Press each meatball flat onto one side of pita pocket.



# **5. COOK THE PITAS**

Heat a frypan (or BBQ hotplate!) over medium-high heat with **oil**. Place **pita**, lamb-side down into pan to cook for 4 minutes (see notes). Turn over and cook for 1 minute. Remove to a plate and repeat with remaining prepared pitas.



#### 6. FINISH AND SERVE

Assemble **pitas** with **fillings** and **tzatziki**. Serve with **chips** on the side.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au** 



