

Hello
FRESH



AUG
2016

Greek Gyro Skewers

with Roasted Zucchini, Baked Pita Chips, and Cucumber Tzatziki

You know those big spinning rotisseries of slow-cooking meat? Well, this is a mini version! We've incorporated a bit of Greek yogurt for a tangy flavor and whipped up a homemade tzatziki so good you'll be tempted to double (or triple) dip the skewers, zucchini, and chips. OPA!



Prep: 10 min
Total: 30 min



level 1



nut
free



Ground Beef



Whole Wheat
Pitas



Zucchini



Cucumber



Greek
Yogurt



Shallot



Garlic



Dried
Oregano



Panko
Breadcrumbs



Mint



Lemon



Skewers

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Whole Wheat Pitas	1) 2)	4
Zucchini	1	2
Cucumber	1	2
Greek Yogurt	3)	5.3 oz
Shallot	1	2
Garlic	2 Cloves	4 Cloves
Dried Oregano	1 t	2 t
Panko Breadcrumbs	1) 2)	½ Cup
Mint	¼ oz	½ oz
Lemon	1	1
Skewers	4	8
Olive Oil*	1 T	1 T

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Peeler, Grater, Medium bowl, Small bowl, 2 Baking sheets, Large pan

Ruler

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Nutrition per person Calories: 682 cal | Fat: 22 g | Sat. Fat: 7 g | Protein: 47 g | Carbs: 75 g | Sugar: 14 g | Sodium: 371 mg | Fiber: 11 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Halve the **zucchini** lengthwise and widthwise, then cut into ½-inch spears (like pickles). Mince or grate the **garlic**. Grate the **shallot** into a medium bowl. Peel and grate **half the cucumber** (you'll need about ¼ cup) into a small bowl. Finely chop the **mint**. Halve the **lemon**.

2



2 Roast the zucchini: Toss the **zucchini** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, flipping once, until golden brown. Finish with a squeeze of **lemon** over the top.

4



3 Make the meat mixture: Add the **ground beef**, **oregano**, **panko**, **1 Tablespoon yogurt**, **half the garlic**, and **half the mint** to the bowl with the **shallot**. Season with **salt** (we used ½ teaspoon kosher salt) and **pepper**. Thoroughly combine and form into 4 oval logs.

4 Cook the gyro skewers: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **beef logs** to the pan. Cook 3-4 minutes, rotating to brown on all sides. Skewer each log lengthwise. Place onto the baking sheet with the **zucchini**. Bake 10-12 minutes, or until cooked through.

5



5 Make the pita chips: Cut the **pitas** into wedges before tossing on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Bake about 10 minutes, turning once, until golden brown and crispy. **TIP:** Check on the pita chips after 5 minutes to make sure they don't burn.

6 Make the tzatziki and serve: Add the remaining **yogurt**, a squeeze of **lemon**, the remaining **mint**, and a pinch of **garlic** (to taste) to the bowl with the **cucumber**. Season with **salt** and **pepper**. Slice the remaining cucumber into half moons. Serve the **gyro skewers**, **pita chips**, **cucumber slices**, and roasted **zucchini** with the **tzatziki** for dipping. Enjoy!