



# UCOOK

## Greek Beef Rump Gyros

with tzatziki & kalamata olives

If we had to sum up Greek gastronomy in three words, it would be fresh, simple, and nutritious. And this gorgeous gyros recipe ticks all those culinary boxes. On toasted flatbread comes juicy seared steak slices, briny olives, tangy tomato, earthy basil & crumbles of creamy feta. Dollop over tzatziki, fold up, and savour every mouthful, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Quick & Easy

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Muratie Wine Estate | Muratie Alberta  
Annemarie Merlot 2019

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## Ingredients & Prep

480g	Free-range Beef Rump
30ml	NOMU Provençal Rub
3	Flatbreads
60g	Pitted Kalamata Olives <i>drain</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
8g	Fresh Basil <i>rinse &amp; roughly slice</i>
90g	Danish-style Feta <i>drain</i>
90ml	Tzatziki

## From Your Kitchen

Oil (cooking, olive & coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. SEARED STEAK** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**2. FAB FLATBREAD** Place a pan over medium heat. When hot, toast the flatbreads until golden, 1-2 minutes per side.

**3. GREEK FEAST** Plate up the toasted flatbreads. Top one side of each flatbread with the steak slices, the drained olives, the diced tomato, and the sliced basil. Crumble over the drained feta and dollop over the tzatziki. Season, fold up, and dig in, Chef!



## Chef's Tip

Traditionally, a gyro is served wrapped up in parchment paper or in the form of a meaty pyramid. So, if you are worried about getting your hands dirty, rather plate it up as a flatbread.

## Nutritional Information

Per 100g

Energy	715kj
Energy	171kcal
Protein	11.5g
Carbs	12g
of which sugars	2g
Fibre	1.1g
Fat	5.9g
of which saturated	2.3g
Sodium	309mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days