



UCCOOK

Greek Beef Gyros

with tzatziki & kalamata olives

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	713kJ	3223kJ
Energy	171kcal	771kcal
Protein	11.5g	51.9g
Carbs	12g	56g
of which sugars	2g	9g
Fibre	1.4g	6.3g
Fat	5.4g	24.2g
of which saturated	2.1g	9.6g
Sodium	308mg	1392mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Beef Sirloin
10ml	20ml	NOMU Provençal Rub
1	2	Flatbread/s
20g	40g	Pitted Kalamata Olives <i>drain</i>
1	1	Tomato <i>rinse & roughly dice</i>
10g	20g	Green Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>
30ml	60ml	Tzatziki

From Your Kitchen

Oil (cooking, olive & coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

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 flatbread until golden, 1-2 minutes per side.

3. GREEK FEAST Plate up the toasted flatbread/s. Top one side with the steak slices, the olives, the tomato, and the leaves. Crumble over the 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.