



UCCOOK

Painted Wolf's Greek Lamb Gyros

with tzatziki & sun-dried tomatoes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Painted Wolf Wines

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	830kj	3238kj
Energy	199kcal	774kcal
Protein	10.9g	42.4g
Carbs	16g	63g
of which sugars	3.4g	13.4g
Fibre	1.4g	5.5g
Fat	11.2g	43.8g
of which saturated	4.2g	16.5g
Sodium	211mg	823mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Leg
7.5ml	15ml	Spice Mix (5ml [10ml] Middle Eastern Seasoning & 2.5ml [5ml] Paprika)
1	1	Garlic Clove peel & grate
1	2	Pita Flatbread/s
40g	80g	Green Leaves rinse & roughly shred
30g	60g	Sun-dried Tomatoes
50ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. **CHARRED LAMB** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into thin slices. Coat with the spice mix and garlic. When hot, sear the lamb until browned and cooked through, 3-4 minutes per side. Remove from the pan and rest for 5 minutes.

2. **TOAST** Place a clean pan over medium heat. When hot, toast the pitas until heated through, 1-2 minutes per side.

3. **TIME TO DINE** Plate up the flatbread/s. Top one side with the green leaves, lamb slices, sun-dried tomatoes and dollop over the tzatziki. Fold up, and dig in, Chef!