



Fast! Greek Daring Plant-Based Chicken Gyro

with Chopped Salad & Garlic Sauce



under 20min



2 Servings

We love everything about this gyro. It has all the components of your favorite Greek take-out spot but made from scratch and in a flash. Here we stack savory plant-based chicken strips onto warm pita. A chopped cucumber and tomato salad with cilantro add a crunch element, either on top or on the side. Our favorite part is the garlicky yogurt sauce that brings a cool creaminess and a ton of flavor to the table.

What we send

- garlic
- 3 plum tomatoes
- 1 cucumber
- 1 yellow onion
- 4 oz Greek yogurt ⁷
- 8 oz pkg plant-based chicken ⁶
- ¼ oz garam masala
- 2 Mediterranean pitas ^{1,6,11}
- ¼ oz fresh cilantro

What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- all-purpose flour ¹

Tools

- medium nonstick skillet

Cooking tip

Time saver: sandwich the grape tomatoes between two plastic deli lids, then cut through the middle to halve tomatoes.

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 27g, Carbs 66g, Protein 38g



1. Prep ingredients

Finely chop **2 teaspoons garlic**. Halve **tomatoes**. Halve **cucumber** lengthwise (peel first, if desired), then scoop out seeds with a spoon and cut into ½-inch pieces. Halve and thinly slice **all of the onion**.



2. Make salad

In a medium bowl, whisk to combine **2 tablespoons oil** and **1 tablespoon vinegar**; season to taste with **salt** and **pepper**. Add **cucumbers, tomatoes**, and **¼ cup of the onions** to dressing; toss to coat. Set aside until step 6.



3. Make yogurt sauce

Preheat broiler with a rack in the center. In a small bowl, stir to combine **yogurt** and **½ teaspoon of the chopped garlic**. Slightly thin sauce by stirring in **1 teaspoon water** at a time, as needed. Season to taste with **salt** and **pepper**.



4. Season plant chicken

In a medium bowl, combine **plant-based chicken**, **garam masala**, **remaining chopped garlic**, **1 teaspoon flour**, and **a generous pinch each of salt and pepper**. Toss to coat plant-based chicken.



5. Cook plant-based chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **remaining onions** and cook, stirring, until softened, 2-3 minutes. Add **plant-based chicken** and cook, stirring occasionally, until well browned and cooked through, 3-4 minutes. Season to taste with **salt** and **pepper**.



6. Toast pitas & serve

Place **pitas** directly on center rack and toast until soft, about 1 minute per side (watch closely, broilers vary). Coarsely chop **cilantro leaves and stems**; stir half into **salad**. Serve **plant chicken** on **pitas**; use a slotted spoon to top with **some of the salad**. Drizzle with **garlic sauce** and sprinkle **remaining cilantro** on top. Serve **remaining salad** alongside. Enjoy!