

# DINNERLY



## Low-Cal Chicken Gyro Meatball Sandwich

with Garlic Yogurt Sauce



ca. 20min



2 Servings

Gyros are always a good idea. For our anything-but-ordinary take, ground chicken is mixed with dried oregano and garlic, then formed into easy-to-cook meatballs and broiled for a flavorful crust. Next, we pile them onto a toasty Mediterranean pita and serve with creamy garlic yogurt sauce and a crunchy cucumber-tomato salad. A good idea, made better. We've got you covered!

## WHAT WE SEND

- 10 oz pkg ground chicken
- ¼ oz dried oregano
- 1 cucumber
- 1 plum tomato
- 4 oz Greek yogurt <sup>2</sup>
- 2 Mediterranean pitas <sup>3,4,5</sup>

## WHAT YOU NEED

- olive oil
- garlic
- 1 large egg <sup>1</sup>
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)

## TOOLS

- rimmed baking sheet

## COOKING TIP

In a hurry? Mix and shape your meatballs ahead of time! Store them in the fridge overnight and let come to room temperature before broiling.

## ALLERGENS

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 610kcal, Fat 24g, Carbs 52g, Protein 48g



### 1. Prep meatballs

Preheat broiler with racks in the center and lower third. Lightly **oil** a rimmed baking sheet.

Finely chop 1 **teaspoon garlic**.

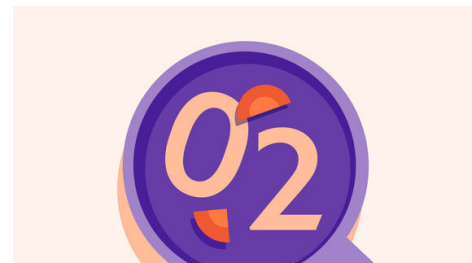
In a medium bowl, gently knead to combine **ground chicken**, ½ **teaspoon each of dried oregano and chopped garlic**, 1 **large egg yolk**, ½ **teaspoon salt**, and a few **grinds of pepper**.



### 4. Finish & serve

In a small bowl, stir to combine **yogurt** and **remaining chopped garlic**. Season to taste with **salt** and **pepper**. Toast **pitas** directly on lower oven rack until warmed through, 1–2 minutes (watch closely).

Serve **gyro meatballs** on **pitas** with **some of the salad**, then dollop **yoghurt sauce** over top. Serve **remaining salad** alongside. Enjoy!



### 2. Broil meatballs

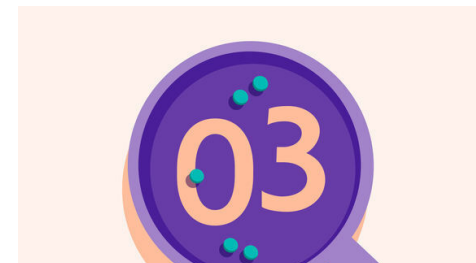
Shape **chicken mixture** into 8 meatballs and place on prepared baking sheet.

Broil on center oven rack until browned and cooked through to an internal temperature of 165°F, 7–10 minutes (watch closely as broilers vary).



### 5. ...

What were you expecting, more steps?



### 3. Make salad

Meanwhile, peel **cucumber** and halve lengthwise. Scoop out seeds with a spoon, if desired; thinly slice into half-moons. Halve **tomato**, then thinly slice into half-moons.

In a medium bowl, whisk to combine ¼ **teaspoon dried oregano**, 2 **tablespoons oil**, and 1 **tablespoon vinegar**. Add cucumbers and tomatoes, tossing to coat. Season to taste with **salt** and **pepper**.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!