

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 ³
- 2 Mediterranean pitas ^{2,4,5}

WHAT YOU NEED

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

NUTRITION PER SERVING

Calories 610kcal, Fat 25g, 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**.

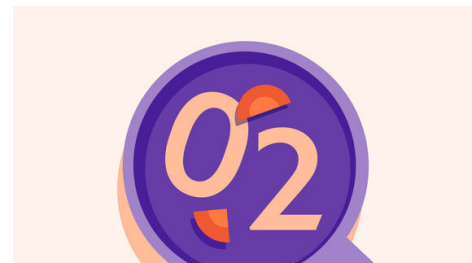
In a medium bowl, gently knead to combine **ground chicken**, ½ **teaspoon each of dried oregano and chopped garlic**, 1 **large egg yolk**, ½ **teaspoon salt**, and a few **grinds of pepper**.



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

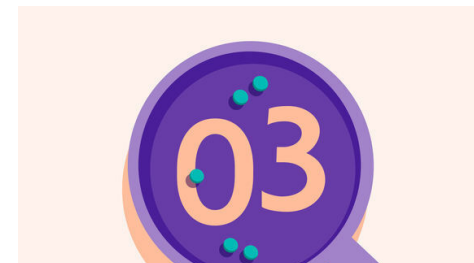
Shape **chicken mixture** into 8 meatballs and place on prepared baking sheet.

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!