

# Gyros with Red Pepper Tapenade

Gyros with pita is the perfect speedy dinner after a long day at work. Add delicious olive & red pepper tapenade, tomatoes, yellow peppers and chickpea romesco sauce and you have a fun and meal that's on the table in just ten minutes.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Pita

Gyros

Chickpea Romesco

Sauce

Red Pepper & Olive

Tapenade

Yellow Peppers &

Tomatoes

## Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 30g**. Skip step 1 and prior to step 2, cut the Romaine Lettuce head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper. Heat a large skillet over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces to create a gyros and red pepper tapenade salad in step 3.

## Good to Know

**Health snapshot per serving** 650 Calories, 30g Protein, 36g Fat, 53g Carbs, 18 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef & Lamb Gyros, Pita, Garbanzo Beans, Tomato, Bell Pepper, Red Onion, Roasted Red Pepper, Kalamata Olives, Black Olives, Parsley, Cumin, Olive Oil, Kosher Salt, Lemon.

*meez* meals

### 1. Warm the Pita

Very lightly brush both sides of the **Pita** with olive oil and sprinkle with salt and pepper. Heat a large skillet over medium high heat. Warm both sides of the pita, about 30 seconds on each side. Cut each pita in half and wrap in aluminum foil or cover with a towel. Do not wipe out the skillet.

### 2. Heat the Gyros

Return the now-empty skillet to the stove over medium high heat. Add the **Gyros Meat** and cook until the edges are slightly crispy, about 3 to 4 minutes

Lower the heat to medium low and add the **Chickpea Romesco Sauce** (the thinner orange sauce) to the pan. Cook, stirring frequently, until the hummus is warm, about 2 to 3 additional minutes.

Remove from heat and set aside.

### 3. Put It All Together

Fill each pita half with the chickpea romesco coated gyros and **Yellow Pepper & Tomatoes**. Top with the **Red Pepper & Olive Tapenade** (the darker, chunkier sauce). Enjoy!

*The gyros is already fully cooked, so you are just adding flavor and warming it in this step.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**