



NUTRITION per serving 32g carbohydrates 25g fat 46g protein 572mg sodium | low-calorie, low-carb, nut-free



Calories
509



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Pita Bread
- 12 oz. Ground Turkey
- 1 Tbsp. Home Chef Gyro Spice Blend
- 1 ½ oz. Feta Cheese
- 2 Dill Sprigs
- 1 Romaine Heart
- 2 Persian Cucumbers
- 1 Roma Tomato
- 1 Lemon
- 1 Red Onion
- 5.3 oz. Plain Greek Yogurt

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Oven-Safe Non-Stick Pan

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HOME CHEF

STAFF PICK

Turkey Gyro Meatball Salad

with homemade tzatziki dressing and toasted pita chips

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Preheat oven to **400 degrees**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Feta cheese** is used twice. It's a crucial component to the **meatballs** and garnishes the meal.
- To give your **meatballs** as much flavor as possible, brown on all sides.
- **Heads Up!** **Dill** is used twice. It's added to the **tzatziki** sauce and garnishes the meal.
- **Red onion** adds flavor and punch, but it can be strong for some. Add ¼ cup first to **salad**, taste, and add more if desired.

FROM THE CHEF

No need to toss the salad in tzatziki—there's enough for you to drizzle it over, dip your pita chips, and sauce the meatballs.

Our Gyro Spice Blend is made with 2 parts each onion and garlic powder, and 1 part each oregano and thyme.

Did you know...

Traditional gyros are made from seasoned ground meats like lamb, chicken, or pork shaved from a vertical rotisserie. Astute linguists can tell you “gyros” literally translates as “turn” in Greek, and its origins reach back to the 19th Century with similarly prepared Turkish doner kebabs.



Prepare the Meatballs and Pita

Cut **pita** into eight wedges. Combine **turkey, gyro seasoning, feta cheese crumbles** (reserve a pinch for garnish), and ¼ tsp. **pepper** in a medium mixing bowl. Thoroughly mix ingredients and form 8-10 ping pong ball-sized **meatballs**.



Prepare the Ingredients

Mince **dill** (dill stems are tender and can also be minced). Hold **romaine head** at root end and chop coarsely. Trim **cucumbers** and cut into ¼” dice. Cut **Roma tomato** into ¼” dice. Zest **lemon**, halve, and juice. Peel and halve **onion**. Slice halves into thin strips like sticks (julienne).



Cook the Meatballs

Heat 1 tsp. **olive oil** in a medium oven-safe non-stick pan over medium-high heat. Place **meatballs** in hot pan and cook 7 minutes, or until browned on all sides. Transfer pan to oven and bake 7-9 minutes, or until meatballs reach a minimum internal temperature of 165 degrees. *Be careful when removing pan from oven—handle will be hot!* Thoroughly wash mixing bowl for later use.



Make the Tzatziki

In mixing bowl used for meatballs, combine **Greek yogurt, dill** (reserve a pinch for garnish), **cucumber**, 2 Tbsp. **lemon juice**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Mix together thoroughly.



Cook Pita Chips

While meatballs are cooking, place **pita chips** on prepared baking sheet and drizzle with 1 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Bake 7-9 minutes, or until chips are lightly browned.



Plate the Dish

Place **romaine, red onion** (start with ¼ cup and add more to taste), and **tomatoes** on a plate. Add **tzatziki** next to salad and place **meatballs** on top. Garnish with remaining **feta cheese, lemon zest**, and **dill**. *Drizzle extra tzatziki over or use as a dipping sauce.* Serve **pita chips** on the side.