

Gyro Meat / Greek Salad



Makes eight 4-ounce servings

Credit to Dimitra's Dishes

INGREDIENTS (MEAT):

Garlic, raw, 5 cloves

White Onion, raw, chopped, 1 cup

Ground Lamb, 16 oz

Ground Sirloin Beef (90/10) 16 oz

Coriander seed, 2 tsp

Black Pepper, ground, 3/4 tsp

Salt, 3 tsp

Cumin seed, ground, 2 tsp

Lemon Zest, 2 tsp

Oregano, dried, 1/2 TBSP

Paprika, 1/2 TBSP

Red Chili Pepper flakes, 1/2 tsp

Thyme, dried, 1 TBSP

INSTRUCTIONS:

Preheat oven to 325 degrees Fahrenheit.

Place the garlic cloves in a food processor and pulse until very finely chopped. Add onion and puree until smooth. Add ground beef and lamb with all of the spices. Pulse until the mixture becomes like a paste. Scrape down the sides of the bowl in between pulses.

Place in 5 X 9 loaf pan lightly brushed with olive or avocado oil and spread with spatula or hands to even out surface. Bake for 45 minutes to 1 hour. (I cooked to 165 internal temp since I didn't know how to tell when it was 'done.')

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Allow the pan to cool at room temperature completely. Refrigerate at least 2 hours before removing from the pan. Then remove from pan onto a cutting board. Use a sharp serrated knife if you are slicing it all now, and slice it very thinly. Pour all of the pan juices over the slices along with any of the fat that has gelatinized. It adds so much flavor when heating it up for the sandwiches. (If you used less than 90% fat ground beef, you will have more pan juices and a smaller loaf of meat. That's ok, still save the pan juices, but you won't get as many slices of meat as below).

OR

You can cut into portions to freeze and slice later, including some of the pan juices (fat) inside each bag of meat. It's actually easier to slice when a little frozen. I cut each loaf into fourths, each of which will make two 4-oz servings, just the right amount for a salad. The fourth will slice into 8 very thin slices, each salad gets 4 slices. To heat up to put on a Greek salad, place a cast iron pan over medium heat with some of the pan juices (now solid) and cook the gyro slices until they are browned on both sides. You can add a bit of olive oil if needed to supplement the pan juices and keep meat from sticking.

INGREDIENTS (SALAD):

Romaine lettuce in small pieces (mixed with other spring greens if you like) – about 2 cups
Seedless English cucumber with peel on, diced – ¼ cup
Green bell pepper – a few thin lengthwise slices
White onions – about 3-4 “rings”
Cherry tomatoes – 3, cut into halves
Kalamata olives (seedless) – 6
Feta Cheese crumbles – ¼ cup

Dress with the *Greek vinaigrette dressing from the Atkins website. Please note you can change the number of servings of this you need and the recipe will automatically change ingredient amounts for you. Make sure you are making the right number of servings by selecting your serving size *before* you start.

This tastes like the best Greek salad you will ever get in a restaurant, and your home will smell like a Greek restaurant while it's cooking, too!