

# PITA BREADS WITH FILLET STRIPS & TZATZIKI

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2 persons / 502 kcal per serving

## Ingredients:

- 100 grams tzatziki salad
- 2 large wholegrain pita breads
- 1 red onion
- 210 grams fillet steaks à la minute
- ¼ tablespoon ground cumin
- 1 tablespoon olive oil
- 200 grams spinach
- pepper and salt



## Preparation:

Prepare the pita breads according to the package directions. Cut the onions in half rings. Cut the fillet into strips and mix with the cumin, oil and pepper. Heat a skillet without oil or butter and fry the onion and meat over high heat for 3 minutes. Meanwhile, heat a skillet without oil or butter and add the spinach in parts. Bake for 2 minutes until the spinach has shrunk slightly. Shovel regularly. Season with salt and pepper. Cut open the pita breads and fill with the spinach, meat and tzatziki.

## Nutritional value per portion:

Energy:	502 kcal
Protein:	35.3 grams
Carbohydrates:	38.0 grams
- including sugars:	3.8 grams
Fat:	20.7 grams
Fiber:	9.5 grams
Salt:	1.3 grams