

PITA WITH STEAKS, CUCUMBER AND TZATZIKI

2 persons / 460 kcal per person

Ingredients:

- ½ cucumber
- 2 grams of dried dill
- 100 grams of yogurt Greek style 10%
- 1 clove of garlic
- 1 red onion
- 175 grams of fillet steaks à la minute
- ½ tablespoon of dried parsley
- 1 tablespoon of olive oil
- 200 grams of fresh spinach
- 2 whole meal pitas
- pepper and salt



Preparation:

Preheat the oven to 220 °C. Cut the cucumber lengthwise and remove the seeds with a teaspoon. Cut half of the cucumber into arches and grate the other half with a coarse grater. For the tzatziki, mix the grated cucumber with the yoghurt and dill and press the garlic on top. Season the tzatziki with pepper. Cut the onions into half arcs. Cut the fillet strips into 1 cm wide strips and mix with the parsley, oil, pepper and salt. Heat the pita bread in the oven according to the instructions on the package. In the meantime, heat a frying pan without oil or butter and fry the onion and meat for 3 minutes on a high heat. Also heat a frying pan without oil or butter, add the spinach in parts and let it shrink slightly while stirring. Cut the pitas open and fill with the spinach, the meat, cucumber arches and some tzatziki. Serve with the rest of the tzatziki.

Nutritional value per person:

Energy:	460 kcal
Protein:	32.8 grams
Carbohydrates:	40.0 grams
- including sugars:	6.2 grams
Fat:	15.9 grams
Fiber:	10.3 grams
Salt:	1.9 grams