



# Cheese and Chickpea Gyros

with sweet chilli yoghurt filling

Veggie Quick Cook 20-25 mins

8



Flatbread



Grilling Cheese



Yoghurt



Chickpeas



Sweet Chilli Sauce



Tomato



Carrot



Salad Leaves



Onion



Paprika



Pantry Items: Oil, Salt, Pepper, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Sieve

## Ingredients

	2P	4P
Flatbread	2 units	4 units
Grilling Cheese	200 g	400 g
Yoghurt	75 g	150 g
Chickpeas	1 pack	2 packs
Sweet Chilli Sauce	1 sachet	2 sachets
Tomato	2 units	4 units
Carrot	1 unit	2 units
Salad Leaves	40 g	80 g
Onion	½ unit	1 unit
Paprika	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	631 g	100 g
Energy (kJ/kcal)	3639.5 kJ/ 869.9 kcal	576.8 kJ/ 137.9 kcal
Fat (g)	31.2 g	4.9 g
Sat. Fat (g)	17.7 g	2.8 g
Carbohydrate (g)	85 g	13.5 g
Sugars (g)	21.4 g	3.4 g
Protein (g)	48 g	7.6 g
Salt (g)	1.5 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7 for the **flatbreads**.
- Drain the **grilling cheese** then cut into 3cm cubes. Leave in a small bowl of cold **water** to soak.
- Halve and peel the **onion**. Thinly slice half (double for 4p).
- Trim the **carrot**, then coarsely grate (no need to peel).
- Cut the **tomato** into 2cm chunks.

**TIP:** You can also dry-fry flatbreads in a pan if preferred.



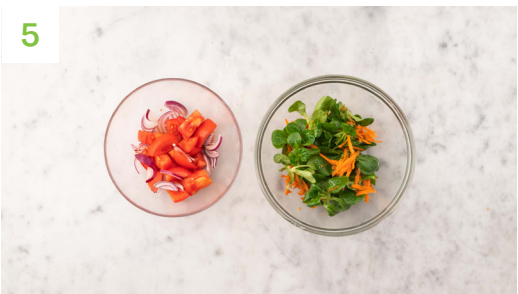
## Warm the Flatbreads

- While the **cheese** cooks, pop the **flatbreads** onto a baking tray.
- Bake until warm and starting to turn golden, 2-3 mins.



## Smash the Chickpeas

- Drain and rinse the **chickpeas**.
- Place a medium pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chickpeas** and fry for 3-4 mins, stirring constantly. Add the **paprika** and cook for 1 min.
- Transfer to a bowl and smash the **chickpeas** with a fork. The consistency should be almost like a paste.
- Add the **yoghurt** and **sweet chilli sauce** to the smashed **chickpeas**. Mix well then season to taste with **salt** and **pepper**.



## Finishing Touches

- In a small bowl mix the **tomato** and sliced **onion** and season to taste with **salt** and **pepper**.
- In a (separate) large bowl for the **salad**, mix together a drizzle of **oil**, **salt** and **pepper**.
- Just before serving, toss the **salad leaves** and **carrot** through the **oil**.



## Fry the Cheese

- Remove the **cheese** cubes from the cold **water**, pop them onto a plate lined with kitchen paper and pat dry.
- Return (the now empty) pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **cheese** and fry until golden, turning often, 4-5 mins.



## Serve Your Gyros

- Pile the **chickpea** mix down the centre of the **flatbread**.
- Add the **cheese**, **tomato**, **onion** and some dressed **salad leaves** on top.
- Fold over either side of the **flatbread** to make your gyros then cut in half.
- Serve with any remaining fillings and salad on the side.

## Enjoy!