

Grilled Beef Kefta Gyros

Prep 30M | Cook 10M | Enjoy in 40M

Kefta is a kind of spiced Middle Eastern skewer, usually made with lamb or beef. This recipe for grilled beef kefta is served wrapped in a pita with fresh vegetables and tzatziki. [This recipe is part of our May meal plan.](#)

INGREDIENTS

Beef Kefta

- 12 bamboo skewers
- 1 lb lean ground beef
- 3 cloves minced garlic
- ¼ cup fresh chopped cilantro
- 2 tbsp fresh chopped parsley
- 1 tsp cumin
- ½ tsp ground coriander
- ¼ tsp allspice
- ¼ tsp ground ginger
- ½ tsp salt
- ¼ tsp fresh ground pepper

Pita and Fillings

- 6 whole wheat pita bread (6 inch)
- 3 cups chopped romaine lettuce
- 3 cups diced Roma tomatoes
- 1 ½ cups diced cucumber
- ½ cup finely chopped red onion
- 2 tbsp crumbled feta cheese
- 2 tbsp fresh thinly sliced mint
- 3 tbsp sliced pitted Kalamata olives
- 6 tbsp tzatziki, homemade or store-bought

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DIRECTIONS

1. Soak bamboo skewers in hot water for 30 minutes.
 2. In a medium bowl, combine beef, garlic, cilantro, parsley, cumin, coriander, allspice, ginger, salt and pepper. Mix well to combine. Divide beef mixture into 12 equal portions.
 3. Using hands, shape each portion around the pointed end of bamboo skewers, squeezing gently to form a sausage shape about 3 inches long.
 4. Grill over medium heat on a barbecue, turning occasionally, until browned and thoroughly cooked, about 10 minutes.
 5. Place one or two kefta skewers in the centre of a pita. Top with lettuce, tomatoes, cucumber, onion, feta, mint, olives and tzatziki.
 6. Remove bamboo skewers before serving. Enjoy!
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NUTRITIONAL FACTS

Serves 6 (1 pita + 2 skewers per serving)

Nutritional analysis per serving: 268 calories, 11 g fat, 29 g protein, 41 g carbohydrate (35 g available carbohydrate), 6 g fibre, 634 mg sodium