



**GREEN
CHEF**

PORTOBELLO MUSHROOM GYROS

shallot, sour cream with lemon & dill, cucumber & tomato salad

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

510

MENU

VEGETARIAN // MEDITERRANEAN
// FAST & FIT

A Greek gyro typically features spiced meat roasted on a vertical rotisserie, but for tonight's vegetarian version, you'll channel all that flavor into meaty mushrooms. Portobellos are sliced into strips, tossed with our gyro-style seasoning, and sautéed alongside shallot and roasted red peppers to deliver even more savory flavor. Tuck the mushrooms into toasted pitas that are drizzled with lemony dill sour cream, and brighten the dish even more with a cucumber and tomato salad—add as much or as little to each gyro as you like!

INGREDIENTS (11 ITEMS)

1 whole **Cucumber**
1 whole **Roma tomato**
1 whole **Shallot**
2 whole **Portobello mushrooms**
¾ oz **White wine vinegar**
1 tsp **Gyro-style seasoning**
2¼ oz **Roasted red peppers**
¾ oz **Gluten-free tamari sauce** S
1 whole **Mushroom stock concentrate**
2 whole **Whole-wheat pita breads** W
2½ oz **Sour cream with lemon & dill** M

WHAT YOU'LL NEED

medium sauté pan
medium bowl
measuring spoons
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

S SOY
W WHEAT
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Cut ends off **cucumber**. Peel if desired. Quarter lengthwise. Scrape seeds out with a spoon. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick. Small dice a few strips into pieces, about ¼ inch each, until you have about 2 tablespoons.
- Wipe **portobello mushrooms** clean with damp paper towels. Remove any stems. Scrape out gills with a spoon. Slice lengthwise into strips, about ¼ inch wide.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

MAKE SALAD

- Place **cucumber**, **tomato**, and **diced shallot** in a medium bowl. Drizzle with 1 tablespoon olive oil and **white wine vinegar** to taste. Season with ¼ teaspoon salt and a pinch of pepper. Toss to combine.

3

COOK MUSHROOMS & SHALLOT

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** and **shallot strips** to hot pan. Season with **gyro-style seasoning**. Lightly season with salt and pepper. Cook 4-5 minutes, or until shallot begins to soften, stirring occasionally.
- Add **roasted red peppers**, **gluten-free tamari sauce**, and **mushroom stock concentrate**. Cook 1-2 minutes, or until liquid has fully reduced. Remove from heat.

4

TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Toast 1-2 minutes, or until evenly browned.
- Transfer **pitas** to a cutting board. Halve **pitas**.*

*The pitas are hot! Hold them steady with tongs or an oven mitt.

5

PLATE YOUR DISH

- Divide **toasted pitas** between plates. Drizzle insides of pitas with about half the **sour cream with lemon and dill**. Stuff pitas with **gyro-seasoned mushrooms and shallot** and about half the **cucumber and tomato salad**. Drizzle with remaining **sour cream** to taste. Serve remaining **salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (510g)

Amount per serving

Calories 510

	% Daily Value*
Total Fat 24g	31%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1310mg	57%
Total Carbohydrate 59g	21%
Dietary Fiber 9g	32%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 109mg	8%
Iron 4mg	20%
Potassium 1229mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Portobello Mushrooms, Gyro-Style Seasoning (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg), **Lemon-Dill Sour Cream** (Sour Cream [cultured cream], Granulated Garlic, Lemon Juice [lemon], Black Pepper, Dried Dill, Sea Salt), **Cucumber, Roma Tomatoes, White Wine Vinegar** [aged white wine vinegar], **Shallot, Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Roasted Red Peppers** [bell pepper]

Allergen information:

Contains Soy, Wheat And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

