

Gasmate



SOUVLAKI WITH HOMEMADE TZATZIKI & PITA



BBQ



Camping
Stove

This recipe with homemade pita bread and tzatziki is just as good as the souvlaki you get in Greece. A fresh and healthy meal that everyone will love.

Serves 4-5 people

8 small pita breads

Prep Time 35 Minutes

600g Lamb steaks or backstraps
3 tbsp Dried oregano
Salt to taste

PITA BREAD

1½ cups Greek yogurt
2 cups Self-raising flour
Plain flour for board and dusting
Pinch of salt
Olive oil spray

TZATZIKI

1 cup Greek yogurt
1/3 cup Cucumber grated
1 small Garlic clove crushed (to taste)
4-5 Mint leaves (optional)
Salt & pepper to taste

FILLINGS

3 cups Ice berg lettuce (shredded)
2 Tomatoes sliced
1 Red onion sliced thinly (optional)

1. Marinate meat by covering with oregano and salt on both sides.
2. To make the pita breads, combine yogurt, salt and flour well and then on a floured board knead until the dough comes together and is smooth. Dough is sticky so make sure you flour your board generously. Divide dough into eight equal parts and form into round balls. Place ball on heavily floured board and using a rolling pin, roll dough out into small pita sizes approx. 2mm-3mm thick whilst keeping the round shape. Then place the pita on heavily floured baking paper, then some more flour on top and add another sheet of baking paper. Stack the rolled pitas on top of each other with baking paper in between. Be sure to flour generously so dough doesn't stick to baking paper.
3. To make the tzatziki, combine yogurt, grated cucumber, torn mint (optional), crushed garlic (to your taste), salt and pepper to taste. Set aside.
4. Slice tomato, cucumber, onion (optional) and shred lettuce



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5. Start cooking the pita breads in a frypan on the wok burner or stove top. Preheat frypan on medium heat and then spray with olive oil. Once frypan is hot, place pita in the frypan. The pita will start to bubble and puff up. Once bottom side is cooked, spray top with olive oil and flip it over. Oil the frypan every time before cooking a pita.
6. When half way through cooking the pita breads, pre heat BBQ on high. Once hot, cook lamb steaks to your preference – don't overcook as lamb will be tough. Once cooked, cut lamb into thin slices.
7. Place all ingredients on plates or board in the middle of the table and let the family make their own souvlaki!
 - The pita dough is very forgiving as it is pliable so you can easily fix holes or mold it with your fingers.
 - To make bigger pita breads, just divide dough into bigger balls.
 - Any fillings can be added to your souvlaki such as shredded tasty cheese, hot chips or even sriracha for a hit of chili.
 - Lamb can be substituted with chicken thigh or breast.