



# DINNERLY



FAST

LOW CALORIE

## Mediterranean Beef Kebabs with Grilled Pita & Garlic Yogurt

 ca. 20min  2 Servings

These Mediterranean beef kebabs are how we like to eat during the long, hot, dog days of summer—quick, light, and satisfying. Plus, it's a meal that can be cooked entirely on the grill—which means no hot oven to make the house more sweltering than it already is! We've got you covered!

#### WHAT WE SEND

- skewers
- ground beef
- romaine heart
- ras el hanout spice blend
- Mediterranean pita <sup>1,6,11</sup>
- garlic
- greek yogurt <sup>7</sup>

#### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

#### TOOLS

#### ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 630kcal, Fat 32g, Carbs 42g,  
Proteins 40g



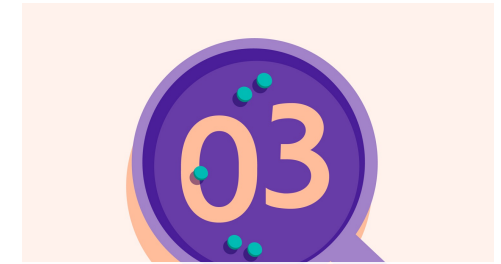
#### 1. Prep kebabs

Preheat a grill or grill pan to high. In a medium bowl, using your hands, mix together **ground beef**, **1 tablespoon ras el hanout**, and **¾ teaspoon salt** until very well combined. Divide beef mixture into 4 even portions. Roll into cylinders about 5-inch long and 1-inch wide, then thread onto **skewers**.



#### 2. Make garlic yogurt

Peel and finely chop **1 teaspoon garlic**. In a small bowl, stir together **yogurt** and garlic. Season to taste with **salt** and **pepper**.



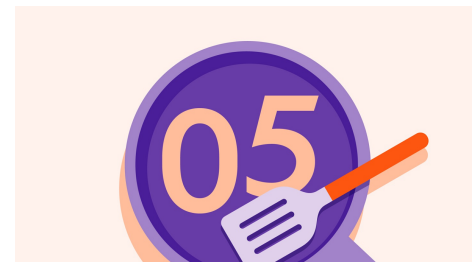
#### 3. Grill kebabs & pita

Reduce grill or grill pan heat to medium-high and lightly oil grates. Grill **kebabs** until well-browned on all sides and just cooked through, about 7 minutes. Reduce heat to medium if browning too quickly. Add **pitas** and grill until lightly charred, about 1 minute per side (watch closely).



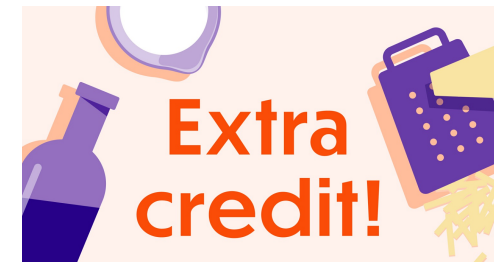
#### 4. Make salad

Trim **romaine**, halve lengthwise, then cut crosswise into ribbons, discarding end. In a medium bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**. Season with **salt** and **pepper**. Add romaine and toss to coat.



#### 5. Assemble & serve

Top **grilled pitas** with **salad** and **mediterranean beef kebabs**. Serve **garlic yogurt** on the side for dipping. Enjoy!



#### 6. No grill, no problem!

Use a skillet! Heat 1 tablespoon oil in a large cast-iron skillet over medium-high. Add kebabs and cook, in batches if necessary, until well-browned and cooked through, about 7 minutes. Add pitas and cook until lightly toasted, about 1 minute per side.