



# DINNERLY



**FAST**

**KETO FRIENDLY**

## Chicken Gyro Lettuce Cups with Creamy Garlic Sauce

 20-30min  2 Servings

If Keto means tender, spiced chicken wrapped in a blanket of crisp lettuce, marinated tomatoes, and creamy dressing, then sign us up. Typically, gyros involves thinly sliced lamb or beef combined with tomato, onion, and a yogurt sauce on pita bread. But, we do things how we want around here. Including, throwing in one of our favorite warm spices, garam masala. We've got you covered!

#### WHAT WE SEND

- Sour Cream <sup>7</sup>
- ground chicken
- romaine heart
- garam masala spice blend
- plum tomatoes
- scallions
- garlic

#### WHAT YOU NEED

- kosher salt & ground pepper
- red wine vinegar

#### TOOLS

- skillet

#### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 420kcal, Fat 30g, Carbs 5g, Proteins 27g



#### 1. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Trim and discard ends from **scallions**, then thinly slice on an angle, keeping dark greens separate. Quarter **tomato**, then cut into ¼-inch thick pieces. Rinse **romaine**, then separate 6 leaves, gently pat dry, and wrap in a damp towel; set aside until ready to serve.



#### 2. Make tomato salad

In a small bowl, combine **tomatoes, half of the scallion greens, 1 tablespoon oil**, and **1 teaspoon vinegar**; season to taste with **salt and pepper**.



#### 3. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium high. Add **scallion whites** and **1 teaspoon of chopped garlic**; cook, stirring, until fragrant, 1 minute. Add **chicken** and **1½ tablespoons garam masala**; cook, stirring, until chicken is browned, 2–3 minutes. Add **¼ cup water**; cook until chicken is cooked through, 2 minutes; season with **salt and pepper**.



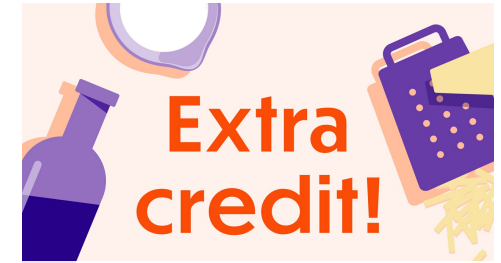
#### 4. Make creamy garlic sauce

Meanwhile, in a small bowl, stir to combine **all of the sour cream** and **remaining chopped garlic**. Slightly thin sauce by stirring in **1 teaspoon water** at a time, as need; season with **salt and pepper**.



#### 5. Assemble & serve

Spoon **chicken mixture** into **lettuce cups**, then top with **tomato salad**. Drizzle **creamy garlic sauce** over **chicken gyro lettuce cups**, then sprinkle with **remaining scallions**. Enjoy!



#### 6. Make it picky-eater proof

Garam masala is typically a warm spice, not hot. But, if that's not your thing then substitute dried herbs like parsley, basil, dill, and oregano for more of those Mediterranean vibes.