



DINNERLY



FAST

KETO FRIENDLY

Chicken Gyro Lettuce Cups with Creamy Garlic Sauce

 20-30min  4 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

- plum tomatoes
- garlic
- sour cream ⁷
- garam masala spice blend
- romaine heart
- ground chicken
- scallions

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 410kcal, Fat 30g, Carbs 5g, Proteins 26g



1. Make tomato salad

Peel and finely chop **1 tablespoon 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 12 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, 2 tablespoons oil, and 2 teaspoons vinegar**; season to taste with **salt and pepper**.



3. Cook chicken

Heat **1½ tablespoons oil** in a large skillet over medium high. Add **scallion whites** and **1½ teaspoons chopped garlic**; cook, stirring, until fragrant, 1 minute. Add **chicken** and **2½ tablespoons garam masala**; cook, stirring, until chicken is browned, 3–4 minutes. Add **½ cup water**; cook until chicken is cooked through, 2–3 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 to taste 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.