

GREEK GRILLED FISH, GYRO-STYLE

EUROPE
/ GREECE

ORIGINS

Named after the Greek word for 'round' from the rotisserie it's cooked on, the origins of the Gyros are hotly contested. Many believe it was brought to Greece in the 1920s by refugees from Istanbul and others, that its roots come from Armenian stallholders in Athens. No matter which theory you subscribe to, however, Gyros is undoubtedly Greece's most popular street eat made from either minced beef, lamb, or chicken.



4



35 min



20 min



WHAT YOU NEED

- 1/2 pkt (12.5 g) Greek spice
- 500 g white firm fish fillets
- 100 g spinach leaves
- 100 g cherry tomatoes
- 1 avocado, sliced
- 2 tbsp lemon juice
- 200 g sweet potatoes cubed
- 1 cucumber, sliced
- 50 g feta* or Tzatziki

HOW TO MAKE

①

Marinate fish with spice, 2 tbsp olive oil and lemon juice, 30 min.

②

Heat oven to 180 deg. Line tray with foil, place fish and top with cherry tomatoes and feta*. Bake 20 min.

③

Meanwhile, steam and mash sweet potatoes.

④

Plate with fresh spinach, cucumber, avocado and sweet potato mash and place baked fish on top.

HOW TO SERVE

Serve with spring onions and drizzle with pan juices and garnish with fresh parsley.

HINTS & TIPS

SIDES & CONDIMENTS

Tzatziki dressing*
100 g plain yoghurt
1 tbsp tahini
1 tbsp olive oil
1 tbsp lemon juice
1 clove garlic, minced
Mix all ingredients together in a bowl.

SWAPS & ALTERNATIVES

veggie combos: swap sweet potato mash for roast potatoes
reduce meat: 250 g fish +250 g roasted halloumi cheese
Alternative: use salmon fillets instead

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