



# Souvlaki with quick pork gyros

20'  
Hands on

10'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Method

- Place a [grill pan](#) over high heat, until it gets very hot.
- Add all the ingredients for the marinade into a [bowl](#) and mix well with a spoon.
- Add the meat and marinate it well, so that the marinade goes everywhere.
- Add each pork piece to the grill pan, fry it for 1 minute on each side, remove, wipe the pan with paper towels, and follow the same process for the remaining meat pieces.
- Cut the meat into very thin strips.

### To assemble

- Cut the tomato and the onion into thin slices.
- Finely chop the parsley.
- Take one pita bread and spread with 1 tablespoon tzatziki sauce.
- Add some pork gyro, tomato slices, onion, parsley, and French fries.
- Wrap and serve.

## Ingredients

- 1 kilo pork leg, 5 cutlets, well-pounded

### For the marinade

- 1 tablespoon(s) oregano
- 14 g salt
- 1 teaspoon(s) pepper
- 1 tablespoon(s) paprika, sweet
- 30 g vinegar, white wine
- 50 g olive oil
- 1 tablespoon(s) honey
- 1 tablespoon(s) onion, powder
- 1 teaspoon(s) garlic, powder

### To assemble

- 1 tomato
- 1 onion
- 1/4 bunch parsley
- 6 [souvlaki pita breads](#)
- 6 tablespoon(s) [Greek tzatziki sauce](#)
- 100 g [French fries](#)

## Διατροφικός πίνακας

### Nutrition information per portion

746 Calories (kcal)	37.0 Total Fat (g)	11.0 Saturated Fat (g)	56.0 Total Carbs (g)
37%	53%	55%	22%
8.7 Sugars (g)	43.0 Protein (g)	4.7 Fibre (g)	3.8 Sodium (g)
10%	86%	19%	63%