



PULLED JACKFRUIT GYROS

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 870/SERVING



Our vegan take of the classic gyro. Crispy spiced pulled jackfruit gets wrapped in warm pita along with crispy lettuce, tomato and cucumber and creamy vegan tzatziki. Served alongside thick cut roasted potato wedges that you can have on the side, or even stuff into your gyros.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings

4 servings

Jackfruit	400 ml	800 ml
Jackfruit spice blend	3 tsp	6 tsp
Romaine lettuce	1/2 head	1 head
Red onion	1	2
Baby cucumber	1	2
Cherry tomatoes	1/2 cup	1 cup
Vegan tzatziki	1/3 cup	2/3 cup
Yellow potatoes	2	4
Potato spice blend	1.5 tsp	3 tsp
Large pitas	2	4
Lemon	1	2



Preheat your oven to 400°F and prep your ingredients: Roughly chop the **lettuce**, thinly slice the **red onion** and **cucumber**, halve the **cherry tomatoes**, cut the **potatoes** into wedges, and slice the **lemon** in half. Squeeze **half the lemon** onto the **onion pieces**, toss, and set aside.



Toss the **potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and the **potato spice blend** and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased. Roast for 35-40 minutes until golden brown.



Rinse the **jackfruit**. Using clean hands or a fork, shred it into thin pieces. Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **jackfruit** and the **jackfruit spice blend** and season with **salt** and **pepper**. Sauté until slightly crispy.



Warm the **pitas** in the oven, toaster, or microwave. Stuff the **pitas** with the **lettuce**, **cucumber**, **tomatoes**, **lemony onions**, **pulled jackfruit**, and **tzatziki**. Serve alongside the **roasted potatoes** and **remaining lemon**.

Nutrition Facts Valeur nutritive

Per Serving (1015 g)
pour 1 (1015 g)

Calories 870 % Daily Value*
% valeur quotidienne*

Fat / Lipides 24 g 32 %
Saturated / saturés 5 g 25 %
+ Trans / trans 0 g

Carbohydrate / Glucides 155 g
Fibre / Fibres 16 g 57 %
Sugars / Sucres 37 g 37 %

Protein / Protéines 20 g

Cholesterol / Cholestérol 0 mg 0 %

Sodium 520 mg 23 %

Potassium 3000 mg 64 %

Calcium 300 mg 23 %

Iron / Fer 9 mg 50 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



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