



Photo: Anette Erdogan

# Vegetarian (vegan) pan gyros

## Ingredients (serves 10)

### Vegan gyros

- 750 g soy cutlets
- 1250 ml vegetable stock
- 10 tbsp gyros spice (alternatively, mix it yourself: coriander powder, pepper, thyme, chilli flakes, cumin, marjoram, oregano, paprika powder Onion powder and garlic powder)
- 6 tbsp olive oil for marinating and frying

### Zaziki (vegetarian or vegan)

- 1250 g yoghurt or soy yoghurt (unsweetened)
- 2-3 cucumbers
- 2-3 tbsp mustard (optional)
- 2-3 cloves garlic, pressed
- salt and pepper

### Greek salad

- 5 large tomatoes
- 2-3 salad heads (romaine, lettuce or iceberg lettuce)
- 2-3 red onions
- black olives
- peperoni

## Also good with

- Rice, pita bread or chips go well with the gyros



## Preparation

### Vegetarian (vegan) pan gyros

1. Pour boiling vegetable stock over the soy cutlets and leave to soak for at least 30 minutes.
2. Then drain and squeeze the excess liquid out of the soya cutlets. It is important to squeeze out as much of the liquid as possible so that the cutlets become crispy when fried.
3. Place in a bowl with the gyros spice and a little oil, mix together and set aside.

### Zaziki

4. Finely grate the cucumber.
5. Mix the yoghurt, mustard (if you like), garlic and spices in a bowl.
6. Finally, fold in the grated cucumber and refrigerate.

### Greek salad

7. Wash the tomatoes and lettuce and cut them into the desired shape.
8. Peel the red onion and cut into rings.
9. Mix the lettuce, tomatoes, onion rings, olives and peperoni.

### Putting it all together

10. Fry the prepared soy cutlets in a pan until crispy.
11. Serve with zaziki, salad and rice or pita bread.

