GREEK · LUNCH · DINNER

# Homemade Gyro Meat with Lamb and Beef (Low-Carb)

75 min · plus 4 hours chilling | Serves 6 | 390 kcal a serve | Video 9:16 · Dimitra's Dishes

Gluten-free ingredients | Dairy-free | Nut-free

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Just lamb, beef, onion and spices with no breadcrumbs or bread, so a serve has about 3 g net carbs and over 25 g protein.

**Diet notes:** Keto (2.8 g net carbs a serve).

## Ingredients 9 · SERVES 6

- [ ] 4–5 **garlic** cloves
- [ ] 1 medium **onion**, quartered
- [ ] 450 g **ground lamb**
- [ ] 450 g **ground beef**
- [ ] **pan fat and juices** from the loaf, set in the fridge and poured back over the slices (about 3 tbsp fat)
- [ ] 2 tsp **salt**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **cumin powder**
- [ ] ½ tsp **ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 163°C and have a 23×13 cm loaf pan ready on a baking tray. 0:54
2. In a food processor, chop the garlic finely, then add the onion and purée until smooth. 1:52
3. Add the lamb, beef, salt, oregano, cumin and pepper and pulse for a few minutes, scraping down the sides, until the mixture is a smooth paste. 2:37
4. Press the mixture firmly into the loaf pan with your hands, filling every gap, and bake 45–60 minutes (about 55) until cooked through. 3:34
5. Let it cool to room temperature in the pan, then refrigerate in the pan for 4–5 hours or overnight so it slices without losing its juices. 4:11
6. Turn the loaf out, slice it very thinly with a serrated knife and keep the set juices and fat to spoon over. 5:16
7. To serve, brown the slices in a hot cast-iron pan in their own fat until golden on both sides. 6:59

> **Tip** Dimitra serves it in warm pita with lettuce, tomato, onion, tzatziki and feta; for a low-carb kebab bowl pile it over salad instead. Sliced meat freezes well in bags.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **390 kcal** | **29 g** | **3.4 g** | **0.6 g** | **28 g** | **870 mg** |
| 1,630 kJ | 59% of a day | 2.8 g net · 1.1 g sugars | 2% of a day | 12 g saturated | 38% of a day |
| | | 1% of a day | | 36% of a day | |

**Energy from** net carbs 3% · protein 31% · fat 66% — fits keto: 2.8 g net carbs, 66% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 125% · Zinc 58% · Selenium 48% · Vitamin B6 21%

**Source of** (10–19%) Iron 18% · Omega-3 18%

**Recipe and video:** Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=e3Rr0xzeFIs, published 13 February 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-gyro-meat-loaf-pan