



# LAMB AND FETA GYROS

<https://www.mainland.co.nz/recipe/lamb-and-feta-gyros.html>

**PREP TIME**  
**20 MINS**

**COOKING TIME**  
**20 MINS**

**SERVES**  
**4**



Feed the whole family with this healthy Lamb & Feta Gyros recipe, perfect for the warmer months. Packed full of juicy lamb and fresh vegetables, this easy dinner or lunch recipe by Rhiannon Baldock is perfectly topped off with a single serve of delicious Mainland Creamy Feta.

## Ingredients

- 500g lamb mince
- 1tsp dried oregano
- 1tsp dried parsley
- Juice of ½ large lemon
- ¼ red onion, finely diced
- 2 garlic cloves, peeled and minced
- Rice bran oil
- 4 large flatbreads
- To assemble: lettuce, sliced red onion, sliced tomato, yoghurt cucumber dip
- 50g pack Mainland Creamy Feta
- ½ lemon, cut into quarters

## Method

1. In a bowl, combine the lamb mince, oregano, parsley, lemon juice, red onion and garlic. Season and mix again, ensuring all ingredients are thoroughly combined.
2. Evenly separate mixture into 4 pieces, then use your hands to shape each into a flattened, oval shaped pattie. Fry over a medium high heat with a little rice bran oil, until golden brown on each side and cooked through; around 3-4 minutes each side.
3. To build the gyros, spread each flatbread with yoghurt cucumber dip. Lay down lettuce, red onion and tomato, then place the pattie on top. Sprinkle with feta, then wrap like a classic wrap.
4. Quickly caramelise the lemon quarters by browning in a hot pan on all sides. Serve alongside the gyros.