



MANNA
KITCHEN

2801 Ogden Ave Suite 8-9 Lisle, IL 60532

Manna Kitchen's plant-based Gyro Sandwich

In this dish we use oyster mushrooms as a juicy, umami flavored meat substitute. This simple but flavorful dish is easy to prepare and pleases vegans and omnivores alike.

You can make your own vegan tzatziki sauce (see 2nd recipe below) or buy it ready made in your grocery store to save time.

Interesting fact: Umami is a Japanese word and means "delicious savory taste". The word umami usually describes the meaty, savory deliciousness that deepens flavor.

Recipe yield: 4 servings. This is considered a main course

Prep time: 30 mins total if pan fried, 50 mins if baked

Ingredients

Vegan gyro "meat"

- 1.5 lbs Oyster mushrooms
- 1.5 tsp Soy sauce
- 5 Tbsp Olive oil
- 2 tsp Oregano
- 1 Tbsp fresh squeezed lemon juice
- 1 tsp Garlic powder
- 1 tsp Onion powder
- ½ tsp Salt
- ¼ tsp Black pepper
- ½ tsp paprika powder

You also need:

- Vegan tzatziki sauce (home-made, see recipe below, or store bought)
- 4 Pita pockets
- 16 cherry tomatoes
- ½ red onion



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Preparation:

1. Cut the ends (stems) off the oyster mushrooms. Tear mushrooms with your hand
2. Make a marinade: In a large bowl, add olive oil, soy sauce, lemon juice, oregano, paprika powder, garlic powder, onion powder, salt, and black pepper. Whisk and add mushrooms, evenly coat them. Let them sit for 15 minutes.
3. Cook the mushrooms:
 - a) Using an oven: On the sheet pan place a piece of parchment paper. Spread coated mushrooms. Preheat the oven to 400 and bake them for approx. 25 minutes. They should be crispy on the edges.
 - b) Using a pan (PREFERRED): Preheat a cast iron pan on medium heat. Sauté marinated mushrooms until crispy.
4. Stuff the pita bread with the sautéed mushrooms, add tomatoes (cut in halves), sliced onions and drizzle with vegan tzatziki. Alternatively, you can place all the ingredients on top of the pita bread and wrap it around.

Vegan tzatziki

Ingredients:

- ½ large cucumber, unpeeled
- 1.5 cups vegan yogurt
- 3 cloves fresh minced garlic
- ¼ cup finely chopped fresh dill (or 2 tbsp dried dill)
- 1 pinch sea salt
- 1 pinch black pepper
- 1.5 tbsp fresh lemon juice
- 1-2 Tbsp extra virgin olive oil
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Preparation:

5. Wash and finely grate the cucumber, drain in strainer by pushing down on the shreds, to remove cucumber juice. Note: 1 cup fresh grated cucumber, will shrink to approx. 1/4 cup after drained
6. Combine all other ingredients in a bowl and combine until tzatziki is smooth and creamy.