



## weekend advanced

### FLANK STEAK GYROS WITH QUICK PICKLES

2 tablespoons extra-virgin olive oil, divided  
¾ teaspoon ground coriander  
¾ teaspoon ground cumin  
¾ teaspoon dried thyme  
1 teaspoon salt, divided  
½ teaspoon ground pepper, divided  
1 pound flank steak, trimmed  
1 large red onion, sliced  
1 cup water  
½ cup white vinegar  
1 teaspoon sugar  
3 cups thinly sliced vegetables, such as turnips, cucumber  
and/or radishes  
4 6-inch whole-wheat pitas, warmed  
½ cup prepared tzatziki

Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Combine 1 tablespoon oil, coriander, cumin, thyme, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Brush both sides of steak with the seasoned oil. Place on the prepared baking sheet. Toss onion with the remaining 1 tablespoon oil and the remaining ¼ teaspoon pepper in a bowl and scatter around the steak.

Broil, turning the steak and stirring the onion halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145°F and the onion is charred, 10 to 15 minutes.

Meanwhile, combine water, vinegar, sugar and the remaining ½ teaspoon salt in a medium saucepan. Bring to a boil. Add vegetables and cook for 1 minute. Remove from heat.

Slice the steak and drain the vegetables. Serve in pita bread with the charred onion and tzatziki.

Serves 4

Active Time: 30m

Total Time: 30m

### NUTRITION FACTS

Amount per serving:

Calories: 465

Total Fat: 18g

Saturated Fat: 5g

Monounsaturated Fat: 8g

Cholesterol: 75mg

Sodium: 751mg

Carbohydrates: 45g

Dietary Fiber: 7g

Total Sugars: 5g

Added Sugars: 0g

Protein: 33g

Potassium: 722mg

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