

# PORTOBELLO GYROS WITH HEMP SEED TZATZIKI



**PORTOBELLO MUSHROOMS ARE A GREAT SUBSTITUTE FOR MEAT.**





## INGREDIENTS

- 2 Portobello caps, sliced
- 2 tbsp vegan Worcestershire sauce
- 1 tsp cumin
- 1 tsp maple syrup
- ½ cup Raw Hemp Tzatziki
- 2 pitas

## INSTRUCTIONS

1. In a small bowl, whisk together the Worcestershire, cumin, and maple syrup. Pour the marinade over the portobello slices and stir until evenly combined. I like to put it all in a tupperware container and shake it up. Set aside for 15 minutes. Prepare the Raw Tzatziki.
2. Heat a skillet on medium. With a bit of water or cooking oil, sauté the mushrooms for 4-5 minutes. Stir often to prevent sticking. Remove from heat and let cool for 2-3 minutes.
3. Warm 2 pitas in a skillet, roughly ten seconds on each side. Divide the portobello gyros between the two pitas and top each one with ¼ Raw Tzatziki. The portobello gyros will keep in an airtight container in the fridge for 3-4 days. Serves 2.

**NOTES:** \*Use GF Worcestershire to make this recipe gluten-free.

