

# I SHOULD BE *Souvlaki*

Thank you for your order – please see cooking and storage details below;

**Please note: All products for this pick up will be served chilled and not frozen**

## **How to make our Signature Souvlaki at home!**

*Souvlaki Protein, Bread and Tzatziki*

1. Protein will arrive frozen – leave to thaw safely in the fridge for a few hours.
2. Heat a small amount of olive oil in a non stick pan.
3. When sizzling, add the protein and cook on a high heat - our lamb style proteins will need to be sautéed until very hot with some colour (about 5 minutes). The Chick'n style protein will only need to be turned once, and is done when both sides are brown and crispy.
4. If cooking the Chick'n protein, cut along the shortest side into strips.
5. Brush Pita Bread with olive oil and cook over a medium heat for 15-30 seconds each side with light colour.
6. Place pita bread over a piece of foil, leaving the top of the pita open. Place lettuce, tomato, onion, protein and tzatziki to taste.
7. Fold the bottom of the pita, and both sides
8. Enjoy!

*Protein – fine in the fridge for up to 5 days from purchase and in the freezer for a month from the date you receive your order*

*Tzatziki – Lasts 1-14 days in the fridge from the date you receive your order, Please don't freeze. **\*On occasion, the pepper in our Tzatziki has a reaction to another ingredient, causing it to go pink or brown in the sauce. Please know that this is nothing to be concerned about 😊***

*Bread – Lasts 2-3 days on the counter, a week in the fridge and can be frozen for up to 9 months from the date you receive your order.*

## **Proteins**

*BBQ Chick'n – Thaw, remove packaging and cook in a pan with a little olive oil for 5-10 minutes until the pieces are crispy – due to the marinade they will char, but make sure not to leave them too long in the pan as they can burn fairly easily.*

*Southern Fried Chick'n – remove packaging before baking from frozen for 15 minutes at 180 degrees.*

*Calamari - Please heat in an oven or air fryer for 3-5 minutes at 180 degrees – do not cook for more than 6 minutes.*

*These Proteins can be frozen for up to two months from the date you receive your order.*

## **Cheesecake**

*Will last 3-5 days (longer for non fruit toppings) – please do not freeze!*

**Issue with your order? Please email us at [hello@ishouldbe-souvlaki.com](mailto:hello@ishouldbe-souvlaki.com)**