

Avocado Beef Pita Sandwich

This delicious Arab-inspired sandwich features tender, seasoned beef and creamy avocado, all wrapped in soft pita bread.

Perfect for a quick lunch or a satisfying snack!



Sandwich

Arab

15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 pita bread
- 100g ground beef
- 1/2 ripe avocado
- 1 tablespoon tahini
- 1/4 teaspoon cumin
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon juice (optional)

Steps

- 1 In a skillet, cook the ground beef over medium heat until browned, about 5-7 minutes. Season with cumin, salt, and pepper.
- 2 While the beef is cooking, slice the avocado in half, remove the pit, and scoop the flesh into a bowl. Mash it with a fork and add a squeeze of lemon juice for flavor.
- 3 Once the beef is cooked, remove it from the heat and let it cool slightly.
- 4 Warm the pita bread in a dry pan or microwave for a few seconds until soft.
- 5 Spread the mashed avocado on one side of the pita, then layer the cooked beef on top.
- 6 Drizzle tahini over the beef and garnish with chopped parsley.
- 7 Fold the pita in half and enjoy your sandwich!