

Greek Mixed Grill

A healthy and flavorful Greek-inspired mixed grill combining beef, chicken, pork, and turkey, grilled to perfection. Served with a side of tzatziki sauce for a refreshing touch.



Main Dish

Greek

30 min

Total time

Easy

Difficulty

400

kcal / serving

Nutrition per serving (estimated)

Protein 55 g

Carbs 4 g

Fat 17 g

Fiber 0 g · Sugar 1 g · Sodium 650 mg

Ingredients

- 100g beef
- 100g chicken
- 100g pork
- 100g turkey
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 garlic clove, minced
- Juice of 1 lemon
- Tzatziki sauce, for serving

Substitutions

Dried oregano – An equal amount of dried marjoram

Dried thyme – An equal amount of dried rosemary, crushed

Lemon juice – An equal amount of red wine vinegar

Olive oil – An equal amount of avocado oil

Drink pairing

A dry rosé

Its crisp, berry-like character pairs well with the varied grilled meats, lemon, herbs, and cool tzatziki.

0% option: Sparkling water with lemon

Steps

- 1 Preheat the grill to medium-high heat.
- 2 Season each type of meat with salt and pepper.
- 3 In a small bowl, mix together olive oil, dried oregano, dried thyme, minced garlic, and lemon juice.
- 4 Brush the marinade over the meats, ensuring they are evenly coated.
- 5 Grill the meats for about 4-5 minutes per side, or until they reach the desired level of doneness.
- 6 Remove from the grill and let the meats rest for a few minutes.
- 7 Serve the Greek mixed grill with tzatziki sauce on the side.
- 8 Enjoy!

Chef's tips

- Cut the meats into similarly sized pieces so they finish at roughly the same time.
- Avoid crowding the grill; space between pieces helps them brown instead of steam.
- Use separate plates and utensils for raw and cooked meat, and check each type for doneness since pieces can cook at different rates.

Storage

Refrigerate cooked meat within 2 hours in a sealed container and use within 3-4 days. Reheat until steaming hot; store tzatziki separately and follow its package or recipe guidance.

Frequently asked questions

How can I tell when each meat is done?

Check each piece separately; cut into the thickest piece to confirm it is cooked through, as the different meats may finish at different times.

Can I prepare the marinade ahead?

Yes. Mix it ahead and refrigerate in a covered container; keep it separate from the meat until ready to use.

What should I serve alongside the mixed grill?

Pita, a Greek-style salad, or grilled vegetables complement the meat and tzatziki.