



*Spin Your Own Axis*

## ***Curry Chickpea Beef Pockets***



- **Prep Time:** 15 minutes
- **Cook Time:** 7-8 hours (You can leave cooking alone, so not work needed from you)
- **Total Time:** 15 minutes (After meat is cook you will need 15 minutes or less to prepare)
- **Serving:** 5

### **Ingredients**

- 5oz. organic boneless chuck roast (total of 25 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 1 Paprika

- 2 tablespoons oregano & thyme
- 2 tablespoons curry powder
- 1 garlic cloves
- 4 limes
- 1-2 lemons
- 4 oz chicken broth
- 3 oz garbanzo beans
- 2 oz cauliflower florets
- 20g romaine lettuce
- 1oz arugula
- 30g non-fat Greek yogurt
- 1oz feta cheese
- Dill
- Salt
- Pita pockets (Arnold brand)

### Instructions

1. Marinate chuck roast with garlic, paprika, oregano, thyme, lime and chicken broth.
2. Use crock pot, add 2 tbsp. of olive oil and place chuck roast beef to cook on high for the first 5-6 hours, and then reduce heat to low for the remainder of 1-2 hours. (I usually leave overnight on low for remainder of time and the beef is cooked perfectly and super soft.)
3. While beef cooks overnight if preferred to use this method. You will prepare the chickpeas (garbanzo) and cook with slight olive oil and curry powder for a few minutes until garbanzo acquires that soft consistency.
4. Pre heat oven to 350 degrees to bake cauliflower florets with some paprika powder to add as a side dish.
5. Then, while cauliflower bakes, use a bowl and begin to prep non-fat greek yogurt dill sauce. Add yogurt, feta cheese, chopped dill, minced garlic, squeeze half – one full lemon, add tint of salt and mix.
6. Once chuck roast is fully cooked to the point of shredded you'll know by simply touching it with a fork. Begin to prep your pita pockets as follow.
7. Take ½ of pita and fill in with arugula, followed by a mix of chuck roast and curry chickpeas (garbanzo), and lastly topped off with dill yogurt sauce and some extra dill if you'd like.
8. You will then serve with side of romaine lettuce and baked cauliflower florets.
9. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

## Nutrition Facts

- **Serving Size:** 1/5
  - **Carbohydrates:** 40g
  - **Fat:** 27g
  - **Protein:** 50g
  - **Fiber:** 11g
- Calories:** 584  
**Sodium:** 309mg  
**Sugar:** 3g  
**Iron:** 8%