



Arayes (Crispy Stuffed Pita with Spiced Meat)

A Middle Eastern street food made with pita stuffed with spiced meat and toasted until crispy.

Ingredients

Pita

- 5 pita breads (thin pocket type, ~15 cm / 6 inch diameter), cut in half
- Olive oil spray (or brush with olive oil)

Spiced Meat Filling

- 1/2 brown onion
- 500 g (1 lb) venison, lamb, or beef mince
- 2 garlic cloves, finely grated
- 1 tbsp finely chopped parsley (optional)
- 3 tsp ground coriander
- 3 tsp ground cumin
- 1 1/2 tsp smoked paprika
- 3/4 tsp ground allspice
- 1/2 tsp cayenne pepper (optional)
- 1 1/4 tsp cooking/kosher salt

Whipped Tahini Yogurt Sauce

- 1 cup plain yogurt
- 2 tbsp tahini (or sesame paste)
- 1 tbsp lemon juice
- 1 garlic clove, finely grated
- 1/2 tsp cooking/kosher salt

Instructions

1. Grate the onion in a bowl using a box grater. Keep the juices.
2. Add remaining meat filling ingredients and mix well with your hands.

3. Divide mixture into 10 portions (about 1/4 cup each). Flatten into semicircle shapes slightly smaller than the pita halves.
4. Gently open a pita and place the meat inside. Close and press to spread the filling evenly.
5. Preheat oven to 50°C / 120°F and place a rack on a tray to keep cooked arayas warm.
6. Heat a frying pan over medium-high heat. Spray both sides of pita with olive oil.
7. Cook 2–3 pieces at a time for about 2 minutes per side, pressing lightly until golden and crispy.
8. For the sauce: place all sauce ingredients in a heatproof bowl and whisk together.
9. Microwave 15 seconds, whisk again until light and creamy.
10. Serve arayas warm with whipped tahini yogurt sauce.

Tips

- If pita bread is hard to open, microwave it for 30 seconds to soften before stuffing.
- You can assemble the stuffed pitas ahead and store them in the refrigerator for a couple of days.
- They also freeze well—cook straight from frozen for a quick meal.