




Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture once cooked. The eggplant is commonly known as a vegetable but is actually a member of the berry family!



G4 Greek Lamb with Grilled Vegetables and Mint Pesto

Home-made lamb and oregano patties served with grilled vegetables, fresh rocket and mint pesto.

 30 minutes

 4 servings

 Lamb

4 February 2022

Bulk it up!

If you are looking to bulk up this dish you could toss the grilled vegetables through some cooked cous cous or pasta.

Per serve: **PROTEIN** 33g **TOTAL FAT** 39g **CARBOHYDRATES** 19g

FROM YOUR BOX

LAMB MINCE	600g
EGGPLANT	1
ZUCCHINIS	2
TOMATOES	2
MINT	1 bunch
ALMONDS	1 packet (40g)
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, white wine vinegar, honey (or sweetener of choice)

KEY UTENSILS

BBQ (or griddle pan), stick mixer or small blender

NOTES

You can make the pesto ahead of time if desired. Store in an air-tight container in the fridge for up to 5 days.

Switch it up! You can form the mince into burger patties instead and serve in burger buns with rocket, pesto and grilled veggies.

If you're not cooking on the BBQ you can cook the vegetables in the oven instead.



1. MAKE LAMB PATTIES

Mix lamb mince with **1 tbsp dried oregano, salt and pepper**. Form 1/4 cupfuls into 14-16 patties (see notes). Heat the BBQ or a griddle pan over medium-high heat with **oil**. Add patties and cook for 4-5 minutes each side or until cooked through.



2. GRILL THE VEGETABLES

Meanwhile, thinly slice eggplant and zucchinis. Halve tomatoes. Coat in **oil, salt and pepper**. Add to BBQ (see notes) and cook for 3-4 minutes each side or until tender.



3. MAKE THE PESTO

Roughly chop mint leaves. Add to a jug and use a stick mixer to blend with almonds, **3 tbsp olive oil, 1 1/2 tbsp vinegar, 1 tbsp water, 1 tsp honey, salt and pepper** to a chunky consistency.



4. TOSS THE ROCKET

Add rocket to a large bowl. Toss with **1 tbsp vinegar** until well coated.



5. FINISH AND SERVE

Divide lamb patties, grilled vegetables and rocket among plates. Serve with pesto.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

