



Product Spotlight: Honey

To produce 500g of honey, a colony of bees must collect nectar from approximately 2 million flowers and fly over 88,000km; this amounts to a lifetime's worth of work for around 800 bees.



Spring BBQ Lamb with Beetroot Feta Salad

Lemon and rosemary marinated butterflied lamb, cooked on the griddle until charred. Served with a honey dressed beetroot, sweet potato and gem lettuce salad with crumbled feta.



40 minutes



Lamb



2 servings

Switch it up!

You can slice the lamb and serve in pita or flatbread with the salad and a yoghurt sauce. Alternatively, dice the lamb and thread onto skewers for the BBQ.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	45g	54g

FROM YOUR BOX

BEETROOT	1
SWEET POTATO	300g
LEMON	1
ROSEMARY	1 stalk
BUTTERFLIED LAMB LEG	400g
GARLIC CLOVE	1
HONEY SHOT	1
GEM LETTUCE	3-pack
FETA CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds (see notes)

KEY UTENSILS

oven tray, griddle pan or BBQ

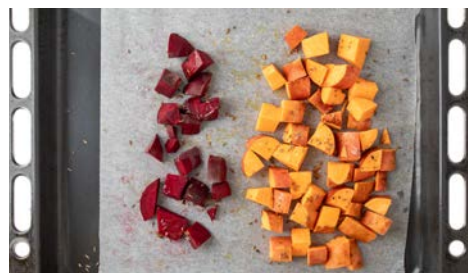
NOTES

If you don't have cumin seeds, use ground cumin, fennel seeds or dried thyme instead.

We cooked the lamb on a griddle for 8 minutes on one side and 6 minutes on the other side for a medium result. Timing will depend on the thickness of the cut of lamb. If your lamb has a fat cap, cook that side down first.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **beetroot** and **sweet potato** (2–3cm). Toss on a lined oven tray with **1 tsp cumin seeds, olive oil, salt and pepper**. Roast for 25 minutes or until tender.



2. MARINATE THE LAMB

Zest **1/2 lemon** (save remaining for step 4) and chop **rosemary**. Rub over **lamb** with **olive oil, salt and pepper**.



3. GRILL THE LAMB

Heat a griddle pan or barbecue over medium-high heat. Add **lamb** and cook for 4–8 minutes on each or until cooked to your liking (see notes). Set aside to rest for a minimum of 5 minutes.



4. MAKE THE DRESSING

Meanwhile, in a large serving bowl, combine **3 tbsp olive oil, 1/2 lemon juice** (wedge remaining), **crushed garlic, honey, salt and pepper**.



5. TOSS THE SALAD

Rinse and separate **lettuce** leaves. Toss with **dressing, roast vegetables** and **crumbled feta** (use to taste).



6. FINISH AND SERVE

Slice **lamb**. Serve with **lemon wedges** and **salad** on the side.

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