



### 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



4/6 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
	50g	34g	50g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
BETROOTS	2	3
SWEET POTATOES	600g	1kg
LEMON	1	1
ROSEMARY	1 stalk	1 stalk
BUTTERFLIED LAMB LEG	700g	700g + 400g
GARLIC CLOVE	1	1
HONEY SHOT	1	1
GEM LETTUCE	3-pack	3-pack
FETA CHEESE	1 packet	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**s and **sweet potatoes** (2–3cm). Toss on a lined oven tray with **2 tsp cumin seeds, oil, salt and pepper**. Roast for 25 minutes or until tender.

6P- toss vegetables with 2–3 tsp cumin seeds.



## 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**.



## 2. MARINATE THE LAMB

Zest **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 6–8 minutes on each or until cooked to your liking (see notes). Set aside to rest for a minimum of 5 minutes.



## 5. TOSS THE SALAD

Rinse and separate **lettuce** leaves. Toss with **dressing, roast vegetables** and **crumbled feta**.



## 6. FINISH AND SERVE

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

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