



Product Spotlight: Greek Yoghurt

This creamy, tangy yoghurt balances the spices and adds a cooling contrast to the lamb. Try stirring in lemon zest, garlic or herbs to customise it your way.



Greek Lamb and Potato Tray Bake

A bright, summery tray bake of spiced lamb, golden potatoes, and sweet tomatoes, just load everything onto a tray, let the oven do the work, and finish with cool yoghurt and fresh cucumber.



40 minutes



2 servings



Lamb

Switch it up!

Try pan-frying the koftas instead of baking for a crispier finish. Or roll the spiced mince into meatballs and simmer in tomato sauce for an easy Greek-style meatball dinner.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
34g 28g 38g

FROM YOUR BOX

MEDIUM POTATOES	3
RED ONION	1
CHERRY TOMATOES	200g
LAMB MINCE	300g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
OREGANO	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, dried mint (see notes), ground cinnamon

KEY UTENSILS

oven tray

NOTES

If you don't have dried mint, you can use dried oregano instead!

You can make the koftas as big or small as you like — just adjust the cooking time accordingly.

For extra flavour, try stirring lemon zest and juice, crushed garlic, or dried chilli flakes into the yoghurt before serving.



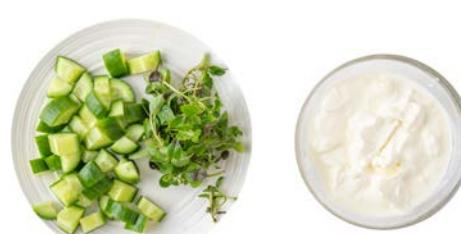
1. ROAST THE VEGETABLES

Chop **potatoes** and wedge **red onion**. Toss with **cherry tomatoes**, oil, 1/2 tsp **ground coriander** and 1/2 tsp dried mint. Spread on a lined oven tray and roast for 20 minutes (see step 4).



2. PREPARE THE KOFTAS

In a bowl, mix **lamb mince** with **crushed garlic**, 1/2 tsp **ground cinnamon**, salt and pepper. Form into 4 equal-sized **koftas** (see notes).



3. PREPARE THE TOPPINGS

Dice **cucumber** and pick **oregano leaves**. Set aside with the **yoghurt**.



4. ROAST THE KOFTAS

Add **koftas** to the tray and roast for 10–15 minutes, or until browned and cooked through. **Veggies** should be golden and tender.

5. FINISH AND SERVE

Serve **tray bake** at the table. Top with **oregano**, **cucumber** and **dollops of yoghurt**.



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