



### Product Spotlight: Kalamata Olives

Kalamata olives take their name from the city of Kalamata, Greece, where they were first grown. Like most olives, they are rich in antioxidants and healthy fats.



## Lamb and Oregano Rissoles with Yoghurt Sauce

Lamb, garlic, lemon zest and oregano rissoles, served with crispy roast potatoes, a bright, zingy salad with Kalamata olives and a tangy yoghurt sauce.



30 minutes



2 servings



Lamb

## BBQ it!

*Want to take this outside and enjoy the weather? Steam the potatoes in a pan or microwave until fork-tender, before slicing and seasoning, then cook on the BBQ along with rissoles.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	28g	47g	80g

## FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
GARLIC CLOVE	1
LAMB MINCE	300g
GREEK YOGHURT	170g
LEBANESE CUCUMBER	1
SHALLOT	1
TOMATO	1
PITTED KALAMATA OLIVES	100g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, dried oregano

## KEY UTENSILS

large frypan, oven tray

## NOTES

If you don't like raw shallot in the salad or raw garlic in the yoghurt sauce, finely dice both and add to lamb mince mixture.

Want to reduce the amount of dishes? Simply add garlic and seasoning into the yoghurt tub and gently stir to combine.



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### 1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes** and toss on a lined oven tray with **oil**, **1 tsp paprika**, **salt and pepper**. Roast for 25 minutes, or until golden.



### 2. MAKE THE RISSOLES

Zest **lemon** (reserve remaining lemon) and crush **garlic** (reserve 1/2 for step 4). Add to a bowl along with **lamb mince**, **1 tbsp oregano**, **salt and pepper**. Mix to combine. Form 4-6 rissoles.



### 3. COOK THE RISSOLES

Heat a large frypan over medium-high heat with **oil**. Add rissoles and cook for 6-8 minutes until browned all over and cooked to your liking.



### 4. MAKE THE YOGHURT SAUCE

Add reserved **garlic** to a bowl (see notes) along with **yoghurt**, **salt and pepper**. Mix to combine. Set aside in fridge if desired.



### 5. MAKE THE SALAD

Slice or crescent **cucumber** and slice **shallot**. Wedge **tomato**. Roughly chop **olives** if desired. Add to a bowl as you go along with juice from 1/2 lemon (wedge remaining), **1 tbsp olive oil**, **salt and pepper**. Toss to combine.



### 6. FINISH AND SERVE

Divide roasted potatoes, rissoles and salad among plates. Serve with yoghurt sauce and lemon wedges.

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