



Product Spotlight: Lemon

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Greek Lamb Tray Bake

Juicy lamb koftas roasted alongside colourful Mediterranean vegetables, served with a herby tzatziki sauce, dill fronds and a squeeze of fresh lemon.



30 minutes



2 servings



Lamb

Spice it up!

Add a handful of baby spinach or rocket leaves to the finished dish for a fresh contrast. Top with toasted pine nuts or almonds for crunch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	30g	19g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1
SHALLOT	1
FIELD TOMATO	1
GARLIC CLOVE	1
LAMB MINCE	300g
DILL	1 packet
LEMON	1
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Switch the seasonings up by using dried mint and sumac!

Add cubes of feta cheese to roast, or crumble goat cheese over the final dish.



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1. PREPARE THE VEGETABLES

Roughly chop **eggplant**, slice **zucchini** and wedge **onion**. Toss on a lined oven tray with **tomato, oil, 2 tsp dried oregano, 1tsp smoked paprika, salt and pepper** (see notes). Roast for 10 minutes (see step 4).



4. ROAST THE KOFTAS

Add **koftas** to oven tray. Drizzle with **oil**. Roast for 15–20 minutes until browned and cooked through.



2. MAKE LAMB KOFTAS

Crush **garlic**. Add to **lamb** along with **1/2 tsp cumin, salt and pepper**. Mix well and form into **4 koftas**.



3. MAKE THE TZATZIKI

Finely chop **1/2 packet dill**, including tender stems, and zest **lemon**. Grate **cucumber**, squeeze out excess moisture. Add to a bowl along with **yoghurt, 2 tsp olive oil, salt and pepper**. Mix to combine.



5. FINISH AND SERVE

Wedge **lemon** and pick **remaining dill fronds**.

Divide **roasted vegetables** and **koftas** among shallow bowls. Serve with **tzatziki** and **lemon wedges**, and garnish with **dill fronds**.

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