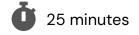






# **Lamb Gyro Bowl**

Easy, light and flavourful! This Mediterranean bowl features spiced lamb served on a bed of brown rice with fresh cucumber, tomato, kalamata olives and a garlic yoghurt dressing.





2 servings



# Add some extra!

Add fresh chopped parsley, dill, mint or crumbled feta cheese if you have some!

TOTAL FAT CARBOHYDRATES

88g

#### **FROM YOUR BOX**

BROWN RICE	150g
LEMON	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
ТОМАТО	1
LEBANESE CUCUMBER	1
SHALLOT	1
KALAMATA OLIVES	1 tub
LAMB MINCE	300g
SALAD SPRINKLES	1 packet

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can pickle the shallot if preferred! Slice the shallot and combine with 3 tbsp white wine vinegar, 1 tsp sugar and a pinch of salt. Set aside until serving.





#### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



#### 2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lemon (wedge remaining) with crushed garlic, yoghurt and 1 tsp oregano. Stir in 1 tbsp water, 1 tbsp olive oil, salt and pepper.



#### 3. PREPARE THE TOPPINGS

Chop **tomato** and **cucumber**. Thinly slice **shallot** (see notes). Drain and rinse **olives**. Set aside.



### 4. COOK THE LAMB

Heat a frypan over medium-high heat with oil. Add lamb mince, 1/2 tsp oregano and 1/2 tbsp cumin. Cook for 6-8 minutes or until cooked through. Season with salt and pepper to taste.



## 5. FINISH AND SERVE

Divide rice, lamb and toppings among bowls. Spoon over dressing to taste and garnish with **salad sprinkles**. Serve with lemon wedges.

