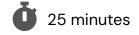






Lamb Gyro Bowl

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

36g

75g

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
DUKKAH / SALAD SPRINKLE	20g

FROM YOUR PANTRY

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 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 2 tsp 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**.





