



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 Lamb 4/6 servings

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
4/6 Person:	41g	23g/27g	19g/20g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGGPLANT	1	2
ZUCCHINI	1	2
RED ONION	1	1
CHERRY TOMATOES	2x 200g	3x 200g
GARLIC CLOVE	1	2
LAMB MINCE	600g	600g + 300g
DILL	1 packet	2 packets
LEMON	1	2
LEBANESE CUCUMBER	1	2
NATURAL YOGHURT	1 tub	2 tubs

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 **tomatoes, oil, 2 tsp dried oregano, 1 1/2 tsp smoked paprika, salt and pepper** (see notes). Roast for 15 minutes (see step 4). 2P – roast for 10–15 minutes

6P – add 3 tsp oregano and 2 tsp smoked paprika.



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 tsp cumin, salt and pepper**. Mix well and form into **8 koftas**.

6P – add 1 1/2 tsp cumin. Form into 12 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, 1 tbsp olive oil, salt and pepper**. Mix to combine.

6P – chop 1 packet dill, add to bowl with zest from 1 1/2 lemons.



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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