

**Product Spotlight:
Brown Rice**

What's the difference between brown and white rice? When the first outer layer, the husk of rice is removed, you get brown rice. When you further mill it and remove the bran and germ layer, then polish it, you get white rice.



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.



25 minutes



4/6 servings



Lamb

Add some extra!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	26g	75g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LEMON	1	2
GARLIC CLOVE	1	2
NATURAL YOGHURT	1 tub	2 tubs
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
SHALLOT	1	1
KALAMATA OLIVES	1 tub	1 tub
LAMB MINCE	600g	600g + 300g
DUKKAH / SALAD SPRINKLE	20g	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.



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.



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**.

6P – use **zest and juice from 1 lemon**, **crushed garlic**, **yoghurt**, **2 tsp oregano**, **1 tbsp water** and **1 tbsp olive oil**.



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**.



3. PREPARE THE TOPPINGS

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



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