



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pit,, as this is quite bitter.



Rosemary Grilled Lamb

with Gozleme

Butterflied lamb, marinated in garlic, lemon zest and rosemary, grilled and served with spinach and feta cheese gozleme. This meal is perfect for a Sunday dinner shared amongst loved ones!



40 minutes



2 servings



Lamb

Mix it up!

Want to mix it up? Add slices of the grilled lamb to the gozleme for a great lunch or picnic option.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	46g	50g

FROM YOUR BOX

GARLIC CLOVES	2
LEMON	1
ROSEMARY	1 sprig
BUTTERFLIED LAMB LEG	400g
ENGLISH SPINACH	1 bunch
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
FETA CHEESE	1 packet
PITA POCKETS	5-pack

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, BBQ or griddle plate

NOTES

English spinach can hide a lot of sand. Trim ends and place in a clean sink full of cold water for 5–10 minutes (the sand will sink to the bottom), rinse and dry in a salad spinner.

As a guide, cook lamb for 8 minutes each side for rare, 10 minutes each side for medium, and 12 minutes for well done.

No gluten option – pita pockets are replaced with GF wraps. Add filling to wraps, roll up to seal. Add to pan, seal-side-down, and cook until golden all over. Halve to serve.



1. MARINATE THE LAMB

Crush **1 garlic clove**, zest **lemon** (reserve remaining lemon) and finely chop **rosemary leaves**. Add to a bowl along with **1 tsp smoked paprika**, **1 tbsp olive oil**, **salt and pepper**. Rub over **lamb** to coat. Set lamb aside to marinate.



2. PREPARE THE INGREDIENTS

Thoroughly wash **spinach** (see notes) and roughly chop. Dice **onion** and **capsicum**, finely chop **parsley** (including tender stems) and crumble **feta**.



3. COOK GOZLEME FILLING

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **capsicum** and sauté for 3–4 minutes until softened. Add **2 tsp cumin**, **parsley** and **spinach**. Cook for a further 1–2 minutes to wilt spinach. Remove from heat, stir in **feta**, juice from **1/2 lemon** and season with



4. GRILL THE LAMB

Heat a BBQ over medium-high heat with **oil**. Add **lamb** and cook for 8–12 minutes on each side, or until cooked to your liking (see notes). Remove lamb and set aside to rest.



5. FILL & COOK GOZLEME

Halve **pita pockets** (use to taste) and stuff with even amounts of **filling**. Wipe pan clean and reheat over medium-high heat with **oil**. Add **gozleme** and cook, in batches, for 1–2 minutes each side until golden.



6. FINISH AND SERVE

Wedge remaining **lemon**.

Slice **lamb** and serve on a platter with **gozleme** and lemon wedges.

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