

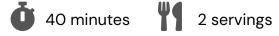




## **Rosemary Grilled Lamb**

### 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!







# Mix it up!

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

TOTAL FAT CARBOHYDRATES

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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