



Product Spotlight: Green Olives

Green olives are picked before fully ripening, giving them their firm texture and bright, savoury flavour. Perfect for adding a salty punch to salads.



Butterflied Lamb

with Lemon Orzo Salad

A herby marinated lamb leg, cooked on the BBQ and served with a lemon and olive orzo salad and a smoky garlic yoghurt for dipping.



35 minutes



4/6 servings



Lamb

Change the flavours!

You can use fresh chopped rosemary, oregano or crushed garlic to marinate the lamb. If you have harissa, chermoula, or curry paste, you could also use some to flavour the lamb!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	30g	63g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	2
BUTTERFLIED LAMB LEG	700g	700g + 400g
RISONI	250g	250g + 125g
GARLIC CLOVE	1	1
NATURAL YOGHURT	1 tub	2 tubs
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
SLICED OLIVES	1 jar	1 jar
BABY SPINACH	120g	2 x 120g

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

griddle pan or BBQ, saucepan

NOTES

We cooked the lamb on the griddle for 8 minutes on one side and 10 minutes on the other for a medium result.

No gluten option – risoni is replaced with **brown rice**. Place brown rice in a saucepan and cover with plenty of water. Bring to a boil and simmer for 20 minutes or until tender. Drain and rinse.



1. MARINATE THE LAMB

Bring a saucepan of water to a boil (for step 3). **Zest lemon**, then halve.

Rub **lemon zest** over **lamb** with **1 tsp smoked paprika, 2 tsp oregano, olive oil, salt and pepper**.



2. GRILL THE LAMB

Heat a griddle pan or BBQ over medium-high heat. Cook **lamb** for 8–10 minutes on each side, or to your liking (see notes). Grill **lemon**, cut-side down, for 5 minutes. Rest **lamb** for at least 5 minutes.



3. COOK THE RISONI

Add **risoni** to boiling water and cook for 8–10 minutes or until al dente. Drain, rinse and transfer to a large salad bowl.



4. PREPARE THE YOGHURT

Crush **1/2–1 garlic clove** (to taste) and combine with **yoghurt, 1 tsp smoked paprika, salt and pepper**. Set aside.

6P – crush **1 garlic clove** and combine with **yoghurt, 2 tsp smoked paprika, salt and pepper**.



5. TOSS THE SALAD

Dice **tomato** and **cucumber**. Drain **olives**. Add to bowl with **cooked risoni** and **spinach**. Toss with **1 tbsp oregano, 2 tbsp olive oil** and **juice from 1 grilled lemon half**. Season to taste.

6P – use **3 tbsp olive oil** and **juice from 2 grilled lemon halves**.



6. FINISH AND SERVE

Slice **lamb**. Serve with **salad, yoghurt sauce** and **remaining grilled lemon**.



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