



Product Spotlight: Olives

Green olives are picked when they have reached full size but before they are fully ripened.



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 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 |
| | 57g | 45g | 58g |

FROM YOUR BOX

| | |
|----------------------|-------|
| LEMON | 1 |
| BUTTERFLIED LAMB LEG | 700g |
| RISONI | 250g |
| GARLIC CLOVE | 1 |
| NATURAL YOGHURT | 1 tub |
| TOMATOES | 2 |
| LEBANESE CUCUMBERS | 2 |
| GREEN OLIVES | 1 jar |
| BABY SPINACH | 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 quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



1. MARINATE THE LAMB

Bring a saucepan of water to a boil (for step 3).

Zest lemon (cut lemon in half for step 2). Rub zest over lamb with **1 tbsp smoked paprika, 2 tsp oregano, olive oil, salt and pepper.**



2. GRILL THE LAMB

Heat a griddle pan or BBQ over medium-high heat. Add lamb and cook for 8–10 minutes on each side or until cooked to your liking (see notes). At the same time, place lemon cut side down on grill for 5 minutes. Set lamb aside to rest for a minimum of 5 minutes.



3. COOK THE RISONI

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



4. PREPARE THE YOGHURT

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



5. TOSS THE SALAD

Dice tomatoes and cucumbers. Drain and roughly chop olives. Add to bowl with cooked risoni and spinach. Toss through **1 tbsp oregano, 2 tbsp olive oil** and juice from grilled lemon halves. Season with **salt and pepper.**



6. FINISH AND SERVE

Slice lamb. Serve with salad and yoghurt sauce at the table.



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