



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
	45g	35g	53g

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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