



Product Spotlight: Oregano

Soak the oregano in a small bowl of cold water to remove any fine dirt or sand before using it. Store any leftovers wrapped in paper towel in the fridge.



Lemon and Garlic Lamb

with Risoni and Sicilian Olives

Succulent diced lamb, slow cooked in a lemon and garlic broth until tender, tossed with bright and buttery Sicilian olives, and risoni, and served with crumbled feta cheese and herbaceous fresh oregano.



25 minutes + 3 1/2 hours slow cook



Lamb



4-6 servings

Flavour!

For the extra flavour, marinate the lamb over night. Once the lamb is browned in the frypan, sauté the onion, celery and tomato in the frypan until softened. Glaze the frypan with a little white wine and pour into the slow cooker.

Per serve: **PROTEIN** 61g **TOTAL FAT** 53g **CARBOHYDRATES** 48g

FROM YOUR BOX

LEMON	1
GARLIC	3 cloves
DICED LAMB LEG	2 x 400g
BROWN ONION	1
CELERY STALKS	2
TOMATOES	3
VEGETABLE STOCK PASTE	1 jar
RISONI	250g
SICILIAN OLIVES	1 jar
FETA CHEESE	200g
OREGANO	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

frypan, slow cooker, saucepan

NOTES

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan.

You can set the slow cooker to a low heat and cook for 5–6 hours instead.

No gluten option – pasta is replaced with GF pasta.



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1. MARINATE & BROWN LAMB

Zest lemon and juice 1/2 (reserve remaining to serve). Add to a bowl along with crushed garlic, 1 tbs oregano, 1/4 cup olive oil, salt and pepper. Add lamb and toss to coat. Heat a large frypan over medium-high heat and cook lamb (reserve marinade) until browned all over. Remove to slow cooker.



2. PREPARE THE VEGETABLES

While lamb is browning; dice onion, slice celery and wedge tomatoes. Add to slow cooker along with reserved marinade and stock paste.



3. SIMMER THE SLOW COOKER

Pour **300ml water** into slow cooker. Set slow cooker to high heat and simmer for 3–4 hours until lamb is tender.



4. COOK THE RISONI

When the slow cooker has 30 minutes remaining, bring a saucepan of water to a bowl. Add risoni and cook for 8–10 minutes or until al dente. Drain and rinse with cold water.



5. PREPARE THE TOPPINGS

Drain olives, halve if desired. Crumble feta, pick oregano leaves and wedge reserved lemon.



6. FINISH AND SERVE

Stir risoni through lamb and season to taste with **salt and pepper**.

Serve lamb tableside. Top with olives, crumbled feta and oregano. Serve with lemon wedges.

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