



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.



Slow Cook 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, served with crumbled feta cheese and herbaceous fresh oregano.



25 minutes + 3 1/2 hours slow cook



Lamb



4-6 servings

No Slow Cooker?

You can prepare this recipe in a large pot with a lid instead. After browning the lamb and sautéing the vegetables, return all to the pot, add 2 cups water, cover and simmer on low for 1.5–2 hours, stirring occasionally, until the lamb is tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	38g	52g

FROM YOUR BOX

LEMON	1
GARLIC	3 cloves
DICED LAMB LEG	2 x 400g
BROWN ONION	1
CELERY STALKS	2
TOMATOES	3
CHICKEN 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 half into a bowl (set the rest aside to serve). Add **crushed garlic**, **1/3 packet oregano leaves**, **1/4 cup olive oil**, **salt** and **pepper**. Toss in the **lamb** and coat well.

Heat a large frypan over high heat and brown the lamb (in batches), reserving the marinade. Transfer to the **slow cooker**.



2. PREPARE THE VEGETABLES

Meanwhile, 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 to high heat and simmer for 3–4 hours until **lamb** is tender.



4. COOK THE RISONI

When the slow cooker has 20 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 remaining **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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