



### Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



## BBQ Lamb with Couscous Salad and Mint Chimichurri

Butterflied lamb leg barbecued and served with a bright grilled vegetables pearl couscous salad with a mint chimichurri sauce.



30 minutes



2 servings



Lamb

### Switch it up!

*You don't have to BBQ the vegetables for the salad if you are wanting something fresh. Ribbon the zucchini and dice the capsicum. Toss through the couscous and serve.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	24g	65g

## FROM YOUR BOX

PEARL COUSCOUS	150g
RED CAPSICUM	1
YELLOW CAPSICUM	1
ZUCCHINI	1
BUTTERFLIED LAMB LEG	400g
MINT	1 packet
RED CHILLI	1
GARLIC CLOVE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

For extra flavour, marinate the lamb overnight with oil, dried oregano, crushed garlic cloves, fresh rosemary and lemon zest.

Remove seeds from chilli for a milder heat or omit from the chimichurri and slice to serve as desired.

**No gluten option – pearl couscous is replaced with white quinoa.** Boil for 10–12 minutes or until tender. Drain, pressing into sieve to remove excess water.



### 1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



### 2. BBQ THE LAMB

Coat **lamb** with **oil**, **1 tbsp oregano** (see notes), **salt and pepper**. Add to BBQ and cook for 5–7 minutes each side until cooked to your liking. Remove to a plate to rest.



### 3. BBQ THE VEGETABLES

Cut **zucchini** into angular pieces. Slice **capsicums**. Coat with **oil**, **salt and pepper**. Add to BBQ and cook for 8–10 minutes, turning, until grilled and tender.



### 4. MAKE THE CHIMICHURRI

Finely chop **mint leaves**, crush **garlic** and finely dice **chilli** (see notes). Add to a bowl along with **3 tbsp olive oil**, **2 tbsp vinegar**, **salt and pepper**. Mix to combine.



### 5. TOSS THE COUSCOUS

Add **oil** to base of saucepan and return couscous to pan. Add barbecued vegetables and toss to combine. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice lamb and serve tableside with mint chimichurri and couscous.



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