



### 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** 36g **TOTAL FAT** 24g **CARBOHYDRATES** 46g

## FROM YOUR BOX

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