



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



4/6 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
4/6 Person:	40g/44g	22g/23g	52g/44g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g
BUTTERFLIED LAMB LEG	700g	700g + 400g
ZUCCHINI	1	2
RED CAPSICUM	1	2
YELLOW CAPSICUM	1	1
MINT	60g	60g
RED CHILLI	1	1
GARLIC CLOVES	2	2

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.



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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**, **2–3 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 **1/4 cup olive oil**, **3 tbsp vinegar**, **salt and pepper**. Mix to combine.

6P – use 1/3 cup olive oil, 4 tbsp vinegar, salt and pepper.



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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