



### Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench; they will develop roots after 2-3 weeks!



## Rosemary Spring Lamb

### with Roast Beet Salad

Lemon and rosemary butterflied lamb served with a honey and garlic dressed beetroot salad and delicious goat cheese.



40 minutes



Lamb

September–October 2023

## Make skewers!

*Dice the lamb and thread it on skewers to cook or grill instead! You can add veggies such as capsicum, zucchini, red onion or mushrooms.*

## FROM YOUR BOX

	2 PERSON	4 PERSON
BEETROOTS	2	3
CARROTS	2	3
LEMON	1	1
ROSEMARY SPRIG	1	2
BUTTERFLIED LAMB	400g	700g
GARLIC CLOVE	1	1
HONEY SHOT	1	2
GOAT CHEESE	1 tub	1 tub
MESCLUN LEAVES	60g	120g

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds (see notes)

## KEY UTENSILS

oven tray, griddle pan or BBQ

## NOTES

If you don't have cumin seeds, use ground cumin, fennel seeds or dried thyme instead.

We cooked the lamb on a griddle for 8 minutes on one side and 10 minutes on the other side for a medium result.



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop beetroot and carrots into similar sized pieces. Toss on a lined oven tray with **1-2 tsp cumin seeds, olive oil, salt and pepper**. Roast for 25-30 minutes or until tender and golden (see step 5).



### 4. MAKE THE DRESSING

Meanwhile, in a large serving bowl, combine **3 tbsp olive oil**, lemon juice, crushed garlic, honey, **salt and pepper**.

*For 2 servings, use 2 tbsp olive oil, juice from 1/2 lemon, crushed garlic and 1 honey shot. Wedge remaining lemon and use for serving.*



### 2. MARINATE THE LAMB

Zest lemon (save remaining for step 4) and chop rosemary. Rub over lamb with **olive oil, salt and pepper**.



### 5. TOSS THE VEGETABLES

Toss the roasted vegetables straight into the dressing to coat after roasting.



### 3. GRILL THE LAMB

Heat a griddle pan or barbecue over medium-high heat. Add lamb and cook for 8-10 minutes on each or until cooked to your liking (see notes). Set aside to rest for a minimum of 5 minutes.



### 6. FINISH AND SERVE

Slice lamb and transfer the goat cheese to a serving bowl. Toss roasted veggies with mesclun leaves to dress. Serve at the table.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

