




Product Spotlight: Brown Rice


What's the difference between brown and white rice? When the first outer layer, the husk of rice is removed, you get brown rice. When you further mill it and remove the bran and germ layer, then polish it, you get white rice.



Lamb Gyro Bowl

Easy, light and flavourful! This Mediterranean bowl features spiced lamb served on a bed of brown rice with fresh cucumber, tomato, kalamata olives and a garlic yoghurt dressing.

 25 minutes

 4 servings

 Lamb

Add some extra!

Add fresh chopped parsley, dill, mint or crumbled feta cheese if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	26g	74g

FROM YOUR BOX

BROWN RICE	300g
LEMON	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
TOMATOES	2
LEBANESE CUCUMBERS	2
SHALLOT	1
KALAMATA OLIVES	1 tub
LAMB MINCE	600g
SALAD SPRINKLES	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground cumin

KEY UTENSILS

large frypan, saucepan

NOTES

You can pickle the shallot if preferred! Slice the shallot and combine with 3 tbsp white wine vinegar, 1 tsp sugar and a pinch of salt. Set aside until serving.



1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lemon (wedge remaining) with crushed **garlic**, **yoghurt** and **1 tsp oregano**. Stir in **1 tbsp water**, **1 tbsp olive oil**, **salt** and **pepper**.



3. PREPARE THE TOPPINGS

Chop **tomatoes** and **cucumbers**. Thinly slice **shallot** (see notes). Drain and rinse **olives**. Set aside.



4. COOK THE LAMB

Heat a frypan over medium–high heat with **oil**. Add **lamb mince**, **1 tsp oregano** and **1 tbsp cumin**. Cook for 6–8 minutes or until cooked through. Season with **salt** and **pepper** to taste.



5. FINISH AND SERVE

Divide rice, lamb and toppings among bowls. Spoon over dressing to taste and garnish with **salad sprinkles**. Serve with lemon wedges.



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