T2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dutch Carrots

Dutch carrots are young carrots picked while small and sweet. Their slender shape makes them perfect for roasting or charring whole.

Citrus BBQ Lamb

with Charred Baby Carrots

Spiced BBQ lamb with charred baby carrots and herby basmati rice, finished with feta, toasted almonds and a fresh citrus dressing.

40 minutes | 2 servings | Lamb

Switch it up!

Turn it into a warm rice salad. Cut the charred carrots into bite-sized pieces and toss through the herby rice with half the dressing. Top with sliced lamb and crumbled feta, then spoon over the rest of the dressing.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	14g	40g

FROM YOUR BOX

HERBY PAPRIKA SPICE MIX	1 tub
BUTTERFLIED LAMB LEG	400g
ORANGE	1
BASMATI RICE	150g
DUTCH CARROTS	1 bunch
FLAKED ALMOND & CURRANT MIX	40g
PARSLEY	20g
FETA CHEESE	200g

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, sweetener of choice (honey, sugar or maple syrup), red wine vinegar

KEY UTENSILS

large frypan, saucepan, BBQ or griddle pan

NOTES

No BBQ? Set oven to 220°C. Roast lamb and carrots on a lined oven tray for 20-25 minutes, or until carrots are tender and lamb is cooked to your liking. Time will vary with lamb thickness. Rest lamb for 10 minutes.

Herby Paprika Spice Mix: dried oregano, ground paprika, garlic powder, onion powder, ground cumin, brown sugar.

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1. MARINATE THE LAMB

Combine **spice mix** with **2 tbsp olive oil**. Halve and add **butterflied lamb**, turn to coat and set aside to marinate.



2. PREPARE THE DRESSING

Zest orange and set aside for step 5.

Juice orange. Whisk together with **2 tbsp olive oil, 1/2 tbsp red wine vinegar, 1/2 tbsp sweetener of choice, salt and pepper.** Set aside.



3. COOK THE RICE

Add **rice** to a saucepan with **300ml water** and a pinch of **salt**. Cover and bring to a boil. Reduce heat to medium-low and cook, covered, for 12-15 minutes, or until water has been absorbed. Remove from heat and uncover.



4. BBQ CARROTS & LAMB

Preheat BBQ to medium heat. Trim and halve **carrots** lengthways (leave small ones whole). Toss with **oil, salt and pepper**.

BBQ **lamb** and **carrots** for 10-12 minutes, or until **carrots** are tender and **lamb** is cooked to your liking. Time will vary with **lamb** thickness. Rest for 6-8 minutes.



5. TOAST THE ALMOND MIX

Toast **almond & currant mix** in a dry frypan for **2-3 minutes** until **almonds** are golden.

Chop **parsley.** Fluff **rice** and toss with **almond & currant mix, reserved orange zest and parsley**. Season well to taste with **salt and pepper.**



6. FINISH AND SERVE

Crumble **feta cheese** and slice **lamb**.

Serve **rice** with **sliced lamb, charred baby carrots, feta** and **dressing**.

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