DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Greek Lamb

with Herby Rice

Fragrant basmati rice topped with spiced lamb mince and fresh veggies, complemented by creamy natural yoghurt.

25 minutes | 4/6 servings | Lamb

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
LAMB MINCE	600g	600g + 300g
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
NATURAL YOGHURT	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

NOTES

You can transform this dish by using Indian flavours instead. Use curry powder or ground cumin, coriander and turmeric in the lamb. You could also use a pre made curry paste if you have one. Cook the rice with a pinch of ground turmeric to make yellow rice. Add some toasted flaked almonds or sliced green chilli on top to garnish.

You can make lamb rissoles or meatballs instead. Bulk up the salad with feta cheese, Kalamata olives, fresh herbs, red onion, avocado or capsicum if you have some!

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1. COOK THE RICE

Place **rice** and **2 tsp oregano** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - use 3 tsp oregano and 900ml water.

TIP *You can add lemon slices, ground turmeric, garlic or stock to cook the rice for extra flavour. We added 1 stock cube. Instead of oregano you could use dried thyme or rosemary.*

2. COOK THE LAMB

Heat a frypan over medium-high heat with **oil**. Dice and add **onion** along with **lamb mince**. Add **seasonings of choice** (see tip). Cook for 8-10 minutes. Season with **salt and pepper** to taste.

TIP *You can make meatballs or koftas using the lamb mince. We used 1-2 tbsp ground paprika and 1-2 tsp ground cinnamon. You could use dried or fresh rosemary, thyme or crushed garlic to boost the flavour. Stir in some tomato paste for extra richness.*

3. PREPARE THE TOPPINGS

Dice or slice **tomatoes** and **cucumber**. Set aside with **yoghurt**.

TIP *You can grate the cucumber and combine with yoghurt to make a tzatziki. Add 1 crushed garlic clove to the yoghurt for extra flavour. We added 1 tbsp water to the yoghurt to reach a drizzling consistency.*

4. FINISH AND SERVE

Transfer **rice** to a large serving dish. Top with **lamb**, fresh **tomato** and **cucumber**. Dollop with **yoghurt**.

TIP *Add some Kalamata olives, crumbled feta, chopped dill or parsley to jazz the dish up!*

This recipe has simplified instructions to help lower your meal cost.