




Product Spotlight: Feta Cheese

The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.



4 Butterflied Lamb Leg with Charred Veggies

Tender grilled butterflied lamb, sliced and served with charred Mediterranean veggies, feta cheese and lemon wedges.

 35 minutes

 2 servings

 Lamb

21 December 2020

Spice it up!

Serve the lamb with a yoghurt sauce or favourite condiment you have on hand. Stretch out the salad with olives, fresh parsley or a grain such as buckwheat.

Per serve: **PROTEIN** 52g **TOTAL FAT** 34g **CARBOHYDRATES** 28g

FROM YOUR BOX

BUTTERFLIED LAMB LEG	400g
GARLIC	2 cloves *
SMALL EGGPLANT	1
ZUCCHINI	1/2 *
RED CAPSICUM	1/2 *
RED ONION	1/2 *
BABY SPINACH	1/2 bag (100g) *
OREGANO	1/2 packet *
FETA CHEESE	1/2 packet *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried thyme, balsamic vinegar

KEY UTENSILS

frypan, griddle pan or frypan

NOTES

Cook time will depend on the thickness of the lamb cut.

You can cook the lamb and the veggies on the BBQ or in oven if preferred!

Leave the lamb leg to rest for 10 minutes before slicing to serve.

No lamb option - lamb leg is replaced with chicken breast fillet. Cook for 5-6 minutes each side in the griddle pan or cut into schnitzels and cook for 3-4 minutes each side.



1. COOK THE LAMB LEG

Slash lamb leg 4-5 times, halfway through. Coat with 2 crushed garlic cloves, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 5-8 minutes each side or until cooked to your liking (see notes).



2. PREPARE THE VEGGIES

Slice eggplant, zucchini and capsicum, wedge onion. Toss with **1/2 tsp dried thyme, 1/2 tbsp balsamic vinegar, oil, salt and pepper**.



3. COOK THE VEGGIES

Heat a griddle pan over high heat. Cook veggies in batches for 3-4 minutes each side until charred and cooked through. Remove to a serving plate.



4. FINISH AND PLATE

Toss veggies with baby spinach. Garnish with oregano leaves and crumble over feta cheese. Drizzle with extra **balsamic vinegar** if desired. Slice lamb and serve with lemon wedges.

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**

