



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK13  
2016



## Easter Lamb with Traditional Greek Salad

Don't fear! We're sending you more than salad for dinner. Greek Salad is a real classic (even for us Aussies). Is there a better combination than crisp vegetables and creamy feta cheese? You are going to love this incredibly rich and flavoursome cut of lamb from our friends at Dick Stone.



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



level 1



low carb



high protein

### Pantry Items



Olive Oil



Red Wine Vinegar



Cucumber



Tomato



Red Onion



Kalamata Olives



Feta Cheese



Oregano




Lamb Leg

JOIN OUR PHOTO CONTEST




#HelloFreshAU

2P	4P	Ingredients	
1	2	cucumber, diced	
1	2	tomato, diced	
¼	½	red onion, very finely sliced	
¼ cup	½ cup	Kalamata olives, halved (check for pits)	
½ block	1 block	fetta cheese, cubed	 
3 tsp	6 tsp	olive oil *	
3 tsp	6 tsp	red wine vinegar *	
1 bunch	2 bunches	oregano, leaves picked & finely chopped	
2 steaks	4 steaks	lamb leg	

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	1770	Kj
Protein	39.3	g
Fat, total	26.2	g
-saturated	10.4	g
Carbohydrate	6.7	g
-sugars	3.9	g
Sodium	748	mg

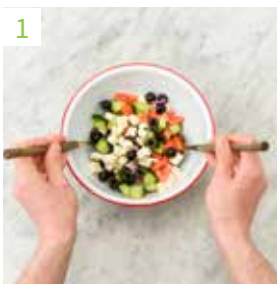


**You will need:** *chef's knife, chopping board, medium bowl, small bowl, medium frying pan and aluminium foil.*

**1** Combine the **cucumber, tomato, red onion, Kalamata olives** and **fetta cheese** in a medium bowl. Combine the **olive oil, red wine vinegar** and **oregano** in a small bowl. Set both bowls aside.

**2** Heat a medium frying pan over a medium-high heat. Rub the **lamb leg steaks** with a drizzle of olive oil and season with **salt** and **pepper**. Add the steaks to the pan and cook for **1-2 minutes** on each side, for medium rare, or until cooked to your liking. Remove from the pan, place on a plate, and cover with foil to keep warm. Rest for **5 minutes** then cut into 5 mm thick slices.

**3** Toss the lamb slices through the salad and drizzle with the oregano dressing. Season to taste with salt and pepper.



**Did you know?** The name 'oregano' comes from the Greeks and means 'delight of the mountains'.