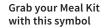


Souvlaki-Style Roast Lamb & Greek Salad with Fries, Garlic Sauce & Hummus Dip

TASTE TOURS









Potato

Chicken Salt

Butterflied Lamb

Mediterranean

Seasoning







Red Onion





Cucumber

Kalamata Olives



Hummus



Golden Goddess Dressing



Fetta Cubes



Garlic Sauce



Parsley



Prep in: 25-35 mins Ready in: 30-40 mins

A Mediterranean-inspired dish was calling so we are here to deliver your new favourite souvlaki roast lamb. It would be wrong to not pair it with a Greek fetta salad, homemade cut fries and hummus. Lucky we are never wrong, only right!

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
chicken salt	1 sachet	2 sachets	
butterflied lamb leg	1 medium packet	1 large packet	
Mediterranean seasoning	½ sachet	1 sachet	
red onion	1/2	1	
white wine vinegar*	½ tbs	1 tbs	
tomato	1	2	
cucumber	1	2	
kalamata olives	1 packet	2 packets	
hummus	1 packet (50g)	1 packet (100g)	
golden goddess dressing	1 packet	2 packets	
fetta cubes	1 medium packet	1 large packet	
garlic sauce	1 medium packet	2 medium packets	
parsley	1 bag	1 bag	

*Pantry Items

Nutrition

Per Serving	Per 100g
2913kJ (696Cal)	432kJ (103Cal)
53.7g	8g
37g	5.5g
8.7g	1.3g
35.2g	5.2g
11.3g	1.7g
2171mg	322mg
	2913kJ (696Cal) 53.7g 37g 8.7g 35.2g 11.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with pepper and toss to coat.
- Bake until tender, 20-25 minutes. Remove from oven, then sprinkle with chicken salt and toss to coat.

TIP: If your oven tray is crowded, divide the fries between two trays.



Roast the lamb

- Meanwhile, in a medium bowl, combine butterflied lamb leg, Mediterranean seasoning (see ingredients) and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook lamb until browned,
 2 minutes each side.
- Transfer lamb to a second lined oven tray. Roast for 6-10 minutes (depending on thickness) for medium or until cooked to your liking.
- Remove lamb from the oven, cover with foil and set aside to rest for 5 minutes.

TIP: The lamb will keep cooking as it rests!



Pickle the onion

- Meanwhile, thinly slice red onion (see ingredients).
- In a small heatproof bowl, combine onion, the white wine vinegar and a good pinch of sugar and salt.
- Microwave onion for 30 second bursts, until softened. Set aside to cool.



Make the salad

- Roughly chop tomato, cucumber and kalamata olives.
- Drain pickled onion.
- In a medium bowl, combine tomato, cucumber, olives, pickled onion and a drizzle of olive oil. Season with salt and pepper and toss to combine.



Make the hummus dip

 In a small bowl, combine hummus and golden goddess dressing. Season to taste.



Serve up

- Slice lamb.
- Crumble fetta cubes over the salad.
- Bring all elements to the table to serve. Divide souvlaki roast lamb, Greek salad and fries between plates.
- Serve with garlic sauce and hummus dip. Tear parsley over lamb to serve. Enjoy!

