



Souvlaki-Style Roast Lamb & Greek Salad

with Fries, Garlic Sauce & Hummus Dip

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Chicken Salt



Butterflied Lamb Leg



Mediterranean Seasoning



Red Onion



Tomato



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 · Large frying pan

Ingredients

	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	½	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2913kJ (696Cal)	432kJ (103Cal)
Protein (g)	53.7g	8g
Fat, total (g)	37g	5.5g
- saturated (g)	8.7g	1.3g
Carbohydrate (g)	35.2g	5.2g
- sugars (g)	11.3g	1.7g
Sodium (mg)	2171mg	322mg

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.

1



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.

2



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!

3



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.

4



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.

5



Make the hummus dip

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

6



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!

We're here to help!

Scan here if you have any questions or concerns



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