



(02) 8188 8722 | HelloFresh.com.au

WK32
2016

Family Greek Souvlaki Wraps with Fetta Cheese & Oregano

Thank goodness the Ancient Greeks took time in between perfecting wrestling and athletics to come up with this tasty number. Aromatic oregano, olives of Kalamata, salty fetta and tender lamb have been putting smiles on Greek faces forever, so it's no surprise these souvlaki wraps will do the same for you.



Prep: 10 mins

Cook: 10 mins

Total: 20 mins



level 1



nut free



helping hands

Pantry Items



Olive Oil



Red Wine Vinegar



Cucumber



Tomato



Red Onion



Kalamata Olives



Fetta Cheese



Dried Oregano



Lamb Leg




Souvlaki Wraps

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

QTY	Ingredients
2	cucumbers, diced
2	tomatoes, diced
½	red onion, very finely sliced (recommended amount) 
¼ cup	Kalamata olives, halved (check for pits)
1 block	fetta cheese, cubed
1 tbs	olive oil *
1 tbs	red wine vinegar *
1 tsp	dried oregano
1 packet	lamb leg steaks
1 packet	souvlaki wraps

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2890	Kj
Protein	50	g
Fat, total	23	g
-saturated	9.8	g
Carbohydrate	67.9	g
-sugars	5.5	g
Sodium	950	mg

2a



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

1 Preheat the oven to **180°C/160°C** fan-forced.

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

2b



3 Heat a large 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 the steaks from the pan, place on a plate, and cover with foil to keep warm. Rest for **5 minutes** and then cut into 5 mm thick slices. Resting your lamb will ensure it is tender and juicy.

3



4 Meanwhile, wrap the **souvlaki wraps** in aluminium foil and place in the oven for **3 minutes** to heat through.

5 Toss the lamb slices through the salad and drizzle with the oregano dressing. Season to taste with salt and pepper. Serve with the warm souvlaki wraps.

5



Did you know? Oregano's name is said to originate from two Greek words, one that means mountain and the other means joy, and so became known as "The delight of the mountains".