



GREEK LAMB

with Spanakopita Fetta Risoni



Cook the perfect lamb steak



Red Onion



Zucchini



Oregano



Fetta Cheese



Lemon



Lamb Leg Steaks



Greek Spice Blend



Risoni



Baby Spinach Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Hands-on: 15 mins
Ready in: 30 mins

We're taking our cues from delicious spanakopita for this risoni, complete with spinach and feta. We think it's a fittingly impressive companion for mouth-watering Greek lamb. Yum!

BEFORE YOU START

You will need: **medium saucepan**, **chef's knife**, **chopping board**, **medium bowl**, **tongs**, **sieve**, **medium frying pan**, **plate**, **aluminium foil** and a **wooden spoon**. Let's start cooking the **Greek Lamb with Spanakopita Fetta Risoni**



1 GET PREPARED

Bring a medium saucepan of salted water to the boil. Finely slice the **red onion**. Slice the **zucchini** into half moons. Pick the **oregano** leaves. Crumble the **Fetta cheese**. Slice the **lemon** into wedges.



2 MARINATE THE LAMB

While the water is coming to the boil, place the **lamb leg steaks** in a medium bowl. Pour over the **Greek spice blend**, **1/2 the olive oil**, season generously with **salt** and **pepper** and toss to coat. Set aside to marinate



3 COOK THE RISONI

Add the **risoni** to the boiling water and cook for **8 minutes**, or until 'al dente'. Drain, return to the saucepan, and toss with a **dash of olive oil** to prevent sticking.



4 COOK THE LAMB

Meanwhile, heat a **dash of olive oil** in a medium frying pan over a high heat. Once the pan is very hot, add the **lamb leg steaks** and cook for **2 minutes** on each side for medium rare (depending on thickness), or **3 minutes** for well done. Set aside on a plate and cover with foil to rest for **5 minutes**. Thinly slice.

Pan-frying lamb steak is the easiest, fastest and best cooking method for this cut of meat. Don't be tempted to skip resting the steak. This is an integral part of the cooking process and ensures your steak is tender.



5 MAKE THE SPANAKOPITA RISONI

Return the frying pan to a high heat and add a **dash of olive oil** if needed. Add the **red onion** and **zucchini** and cook for **4-5 minutes**, or until softened. Stir through the cooked **risoni**, **balsamic vinegar**, **oregano**, **baby spinach leaves** and the **Fetta cheese**. Cook for **1 minute**, or until warmed through. Remove from the heat. Drizzle with a little extra **olive oil** if desired and season with **pepper**.



6 SERVE UP

Divide the spanakopita feta risoni between plates. Serve the Greek lamb alongside the risoni. Squeeze over the juice of the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
red onion ☞	1	2
zucchini ☞	1	2
oregano	1 bunch	2 bunches
Fetta cheese	1 block (50g)	2 blocks (100g)
lemon	1	2
lamb leg steaks	2	4
Greek spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
olive oil*	1 tbs	2 tbs
risoni	1 packet (½ cup)	2 packets (1 cup)
balsamic vinegar*	1 tsp	2 tsp
baby spinach leaves	1 bag	2 bags

*Pantry Items | ☞ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2440kJ (584Cal)	655kJ (156Cal)
Protein (g)	46.7g	12.5g
Fat, total (g)	23.5g	6.3g
- saturated (g)	9.5g	2.6g
Carbohydrate (g)	43.6g	11.7g
- sugars (g)	6.0g	1.6g
Sodium (g)	470mg	126mg

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