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## **Roast Lamb with Mediterranean Couscous**

We've spoilt you this week with a beautiful mini roast lamb. Succulent and tender, this lamb has been paired with aromatic oregano, garden vegetables and pillowy pearl couscous, to warm you on a winter's night. Pour a glass of red and fire up the oven, this simple meal is sure to satisfy.



Prep: 15 mins Cook: 15 mins Total: 30 mins



level 2





Lamb Mini Roast



Pearl Couscous



Red Onion



Garlic



Zucchini









Tomato

Capsicum

Oregano

Fetta

Lemon

2P	4P	Ingredients	
1 portion	2 portions	lamb mini roast	
100 g	300 g	pearl couscous	
1 tbs	2 tbs	olive oil *	
1	2	red onion, diced	
1	2	garlic clove, peeled & crushed	<del>*************************************</del>
1	2	zucchini, diced	<del>1</del>
1	2	capsicum, diced	Α
1	2	tomato, diced	
1 tbs	2 tbs	oregano, leaves picked & chopped	В
⅓ cup	⅔ cup	white wine *	
1/2 block	1 block	fetta, crumbled	<del>10</del>
1	2	lemon, sliced into wedges	<del>1</del>

- Hay feature in another recipe
  - Good to have at home

## **Nutrition per serving**

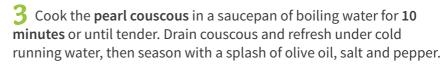
Energy	3430	Kj
Protein	43	g
Fat, total	43.1	g
-saturated	17.5	g
Carbohydrate	54.8	g
-sugars	8.6	g
Sodium	396	mg

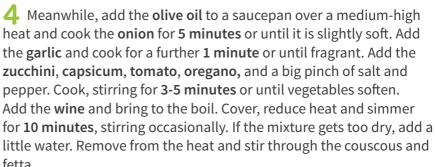
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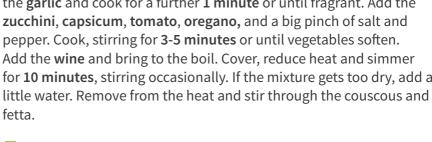
) cm	1cm	2 cm

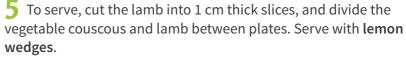


- Preheat the oven to 200°C/180°C fan forced.
- 2 Season the lamb mini roast with salt and pepper. Heat an ovenproof frying pan over a medium-high heat. Add the lamb fat side down and sear on all sides, for a total of 3 minutes. Transfer the pan to the oven and cook for 10 minutes. Place the lamb on a plate, cover with foil and rest until you're ready to serve.













Did you know? When in bloom, the oregano plant has stunning purple flowers, which are also edible.