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Greek Lamb Souvlaki Wraps

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 feta 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: 15 mins



Cook: 10 mins

Total: 25 mins



level 1

high protein

Pantry Items



Olive Oil



Red Wine Vinegar



Cucumber



Roma Tomato



Red Onion



Kalamata Olives



Fetta Cheese



Dried Oregano



Lamb Leg



Souvlaki Wraps

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2P	4P	Ingredients
1	2	cucumber, diced
1	2	roma tomato, diced
¼	½	red onion, very finely sliced
¼ cup	½ cup	kalamata olives, halved (check for pits)
1 block	2 blocks	fetta cheese, cubed
3 tsp	6 tsp	olive oil *
3 tsp	6 tsp	red wine vinegar *
1 tsp	2 tsp	dried oregano
2 steaks	4 steaks	lamb leg
4	8	souvlaki wraps

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3530	Kj
Protein	54.1	g
Fat, total	28.6	g
-saturated	10.9	g
Carbohydrate	89.1	g
-sugars	6.5	g
Sodium	1280	mg

2a



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

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

2 Combine the **cucumber, roma 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 medium 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 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.

Tip: Don't be tempted to skip resting the steak. It is an important part of the cooking process and ensures the meat is tender.

4 Meanwhile, wrap the **souvlaki wraps** in aluminium foil and place in the oven for **3 minutes** to heat through. Alternatively you can heat them in the microwave or sandwich press.

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.

3



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".