

Greek Vegetable and Lamb Tray Bake



Ballarat Health Services

Ingredients: Serves 4

- 1 1/2 tablespoons fresh rosemary leaves
- 1 lemon, rind finely grated, juiced
- 60ml (1/4 cup) extra virgin olive oil
- 3 garlic cloves, crushed
- 2 teaspoons Masterfoods Oregano Leaves, plus extra, to serve
- 12 lamb cutlets, French trimmed
- 4 small (about 250g) potatoes, thinly sliced
- 2 small zucchini, cut into 5mm slices
- 1 large red capsicum, de-seeded, coarsely chopped
- 1 brown onion, thinly sliced into rings
- 55g (1/3 cup) kalamata olives, pitted
- 100g Greek feta, coarsely crumbled
- Baby herbs, to serve (optional)



Method:

Step 1: Preheat the oven to 230°C/210°C fan forced and grease a large, shallow non-stick baking tray.

Step 2: Finely chop 1 tbs of the rosemary leaves. Combine the chopped rosemary, lemon rind, 1 tbs juice, 1 tbs oil, 2 garlic cloves and 1 tsp dried oregano in a bowl. Add the lamb. Season, then toss to combine. Set aside to marinate.

Step 3: Place the potato, zucchini, capsicum and onion on the prepared tray and add 1 tbs lemon juice and the remaining rosemary, oil, garlic and oregano. Season. Toss to combine. Bake for 30 minutes or until golden and tender.

Step 4: Meanwhile, heat a large non-stick frying pan over medium-high heat. Cook the lamb, turning, for 2-3 minutes or until browned.

Step 5: Top the vegetables with lamb, olives and feta. Bake for a further 5 minutes or until the lamb is cooked to your liking. Sprinkle with the extra oregano and baby herbs, if using.

A complete
meal in one pan
and so tasty.

Source: www.taste.com.au