



## SENSATIONAL SUMMER SOUVLAKI

ReFuel summer 19-20

Courtesy of: Byron Manning



### Method:

#### Lamb leg:

1. Pre-heat oven to 180°C for 10 minutes.
2. Crush clove of garlic. Mix with 1 tbsp rosemary and 1 tbsp of EVOO in a small bowl. Score lamb and brush marinade through.
3. Cook lamb in oven for 50 minutes, rest for 10 minutes

#### Salad mix:

1. Add half cup of washed quinoa to one cup of water in a saucepan.
2. Bring to boil, reduce heat to simmer, cover and leave for 15 minutes.
3. Remove from heat and allow quinoa to sit for 10 minutes.
4. Dice capsicum and half of the cucumber - mix in a small bowl.
5. Halve cherry tomatoes.

#### Tzatziki:

1. Combine half of diced cucumber with 150g yoghurt.
2. Stir in 2 tbsp of lemon juice to yoghurt-cucumber mix.
3. Bed your wraps with spinach leaves and add remaining salad mix. Lay rested meat on salad mix.

### Ingredients:

- 100g Lamb leg
- 1 crushed garlic clove
- 1 tbsp rosemary
- 1 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 150g low-fat greek yoghurt
- 1 medium cucumber
- 1 cup baby spinach
- 1/2 cup quinoa
- 1 medium capsicum
- 100g cherry tomatoes
- 150g pomegranate flesh
- 2 medium chia wraps

### Nutrition Information

Serves 2 people.

Nutrient	Per serve
Energy	2740 kJ
Protein	35 g
Fat	22 g
Carbohydrate	68 g
Fibre	17 g



### HOT TIPS

This souva is a great recovery meal – for plant based eaters, substitute with tofu or haloumi!