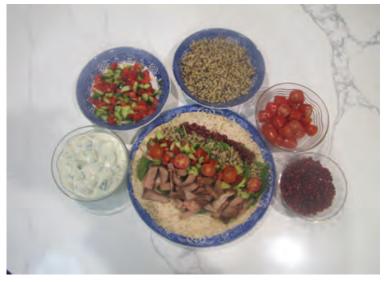


# SENSATIONAL SUMMER SOUVLAKI

# 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!