



2 cooked slices is
equivalent to 200g raw.



Indian spiced roast lamb

No. serves per person	Ingredients	Variations
V 3	<ul style="list-style-type: none">• 2-3 florets cauliflower• 2-3 florets broccoli• ½ red capsicum	<ul style="list-style-type: none">• Carrots• Red onions• Beetroot• Sweet potato• Fennel• Asparagus
C 2	1 cup cooked rice	Roast potato
P 2	200g lean leg of lamb (raw weight, without bone)	Lean lamb shoulder or blade roast
Flavour	Yoghurt, lemon juice, curry paste (meat marinade) Serve with tzatziki	Rosemary and lemon zest (lamb) Wholegrain mustard (beef)

Lamb meatball & Greek salad wrap

No. serves per person	Ingredients	Variations
V 4	<ul style="list-style-type: none">• ¼ zucchini + ¼ carrot (grated, and added to meatball mix)• ¼ cucumber + ¼ red capsicum• 1 small tomato or 4-5 cherry tomatoes• 1 large handful lettuce or baby spinach	
C 2	1 wholegrain wrap	
P 1	100g lean lamb mince (raw weight)	Lean beef or veal mince
Flavour	Serve with babaganoush	Serve with hummus or tzatziki



Use approximately
1 tablespoon of mince
mixture to make a
meatball.

Makes approximately
6-7 meatballs
per serve.

