



## Greek lamb with watermelon, olive & mint salad

### Ingredients: (Serves 4)

2 lemons  
½ cup thick Greek yoghurt, reduced fat  
2 cloves garlic, crushed  
2 teaspoons dried oregano  
2 tablespoons olive oil, plus 2 tablespoons extra  
400g lamb backstrap, loin chops or cutlets  
300g watermelon, diced  
½ cup pitted Kalamata olives  
2 Lebanese cucumbers, cut into bite sized chunks  
1 small red onion, finely sliced  
1 bunch of mint, leaves picked

### Method:

1. Zest the two lemons into a bowl and stir through the yoghurt. Season with salt and pepper to taste. Juice lemons and set aside.
2. Combine garlic, oregano, half the lemon juice and two tablespoons olive oil in a shallow non-reactive bowl. Add lamb and toss well to coat. Set aside while you make the salad.
3. Combine watermelon, olives, cucumbers, red onion and mint leaves in a large bowl. Pour over remaining olive oil and lemon juice. Toss gently to combine.
4. Heat a grill, BBQ or frying pan over high heat. Add lamb and cook, basting with any leftover marinade, for 3-4 minutes each side or until cooked to your liking. Serve with watermelon salad and the lemon zest yoghurt.

### Nutrition Information: (Per serve)

Energy:	1671kJ (399cal)	Sodium:	327mg	
Protein:	30.4g	Sat Fat:	5.3g	
Fat:	24.6g	Sugar:	12.3g	Fibre: 2.9g
Carbohydrate:	13.1g			