

HOW TO USE · GREEK SEASONING

GREEK LAMB CHOPS

A Greek herb seasoning of oregano, garlic, onion, basil and dill seed, merged from two of Heidi's sheets into one blend.

SERVES	PREP	COOK
4	10 min	10 min

INGREDIENTS

- 8 lamb chops or lamb cutlets
- 1 tbsp oil
- 2 tsp Greek Seasoning
- Lemon wedges, to serve



METHOD (stovetop)

1. Rub the chops with the oil and seasoning. Leave 15 minutes if you have time.
2. Cook in a hot pan or on the grill 3–4 minutes each side, or to your liking.
3. Rest 5 minutes and serve with lemon, a Greek salad and potatoes or bread.

GREEK LAMB CHOPS

GREEK ROAST CHICKEN

200°C fan · 35 min

Tray dinner

1. Toss 8 chicken thigh fillets and a tray of vegetables with 2 tbsp oil and 2 tsp of the seasoning.
2. Roast at 200°C fan-forced until the chicken is cooked through.
3. Finish with lemon juice.

GREEK SALAD SPRINKLE

2 min

No cooking

1. Make a salad of tomato, cucumber, red onion, olives and feta.
2. Dress with olive oil and lemon, then finish with a pinch of the seasoning.
3. Serve with grilled meat or on its own.

ROAST POTATOES

200°C fan · 35 min

Lemon and herb

1. Toss 1 kg potatoes with 2 tbsp oil and 2 tsp of the seasoning.
2. Roast at 200°C fan-forced until golden, turning once.
3. Squeeze over lemon to serve.

OTHER WAYS TO USE IT

- → Rub onto fish with olive oil and lemon before baking.
- → Stir 1 tsp through yoghurt as a dip or dressing.
- → Sprinkle over roast vegetables or grilled halloumi.

ALLERGENS May be present: Soy, Gluten, Mustard, Sesame.
SALT This blend contains salt, so taste before adding any more.