



# Greek Lamb Bowls

Serves 6 | Prep Time: 1 hr | Cook Time: 25 min. | Recipe courtesy of: Heather Snyder



## INGREDIENTS:

- 1 ½ pounds ground lamb
- 1 ½ cups jasmine rice, dry
- 1 cucumber, diced
- 1 cucumber, for ribbons
- 4 green onions, sliced
- ½ cup olives (Castelvetrano or green)
- 2 tomatoes, sliced
- 1 teaspoon salt, to taste
- ½ teaspoon black pepper, to taste
- 1 tablespoon olive oil

## DIRECTIONS:

- 1. Pickle the red onions:** Combine red wine vinegar, water, sugar, and salt in a small saucepan and bring to a simmer. Pour over thinly sliced onion in a jar or bowl and let sit for at least 30 minutes. These keep in the fridge for up to 2 weeks!
- 2. Make the tzatziki:** Grate ½ a cucumber and squeeze firmly in a clean towel to remove excess moisture. Combine with Greek yogurt, garlic, fresh dill, fresh mint, and lemon juice. Season with a pinch of salt and pepper. Stir well and refrigerate until ready to serve. The longer it sits, the better it gets.
- 3. Cook the jasmine rice:** Cook jasmine rice according to package directions. Fluff with a fork and keep warm.

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## **INGREDIENTS** *(continued):*

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### Pickled onions

- 1 red onion, thinly sliced
- ½ cup red wine vinegar
- ½ cup water
- 1 teaspoon sugar
- 1 pinch of salt

### Tzatziki

- 1 cup full-fat Greek yogurt
- ½ cucumber
- 2 cloves garlic, minced
- 2 tablespoons fresh dill, chopped
- 1 tablespoon fresh mint, chopped
- 1 tablespoon lemon juice
- 1 pinch salt and pepper

## **DIRECTIONS** *(continued):*

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- 4. Grill the olives:** Heat a small dry skillet or grill pan over medium-high heat. Add olives and cook, stirring occasionally, until lightly charred and blistered, about 4–5 minutes. Set aside.
- 5. Prep the cucumbers:** Dice 1 cucumber into bite-sized pieces. Using a vegetable peeler, shave 1 cucumber into long thin ribbons. Set both aside.
- 6. Cook the lamb:** Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add ground lamb and break apart with a spoon. Season generously with salt and black pepper, to taste. Cook until browned and cooked through, about 8–10 minutes. Drain excess fat if needed.
- 7. Assemble the bowls:** Spoon a base of rice into each bowl. Add the seasoned lamb on one side. Arrange diced cucumbers, cucumber ribbons, sliced tomatoes, green onions, and grilled olives around the bowl. Top generously with pickled red onions and a big dollop of tzatziki.

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