



UCOOK

Fragrant Lamb Leg Feast

with rustic baba ganoush & a minty pea salad

Baba ganoush is a smokey, garlicky Levantine eggplant dip. Here, a luscious streak is topped with tender lamb in a coating of NOMU rub. With added Middle Eastern flair from cranberries, spiced chickpeas, and minty salad, this dish will have you saying 'Oh Baba'!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Adventurous Foodie

 Leopard's Leap | Culinaria Grand Vin

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut in half lengthways</i>
60g	Chickpeas <i>drained & rinsed</i>
1	Garlic Clove
5ml	NOMU Lamb Rub
50g	Peas
30ml	Lemon Juice
20g	Green Leaves <i>rinsed</i>
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
160g	Free-range Lamb Leg
15ml	Tahini
10g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Sugar/Sweetener/Honey

1. YOU'RE AN AUBERGENUIS Preheat the oven to 220°C. Boil the kettle. Line a baking tray with tinfoil. Brush the cut sides of the aubergine halves with oil and place cut-side down on the tray. Roast in the hot oven for 35-40 minutes. Place the drained chickpeas and whole, unpeeled garlic clove in a bowl. Coat in oil, ½ of the Lamb Rub, and seasoning to taste. Set aside for step 3.

2. VIBRANT VEGGIES Submerge the peas in boiling water for 2-3 minutes. Place ½ of the lemon juice in a salad bowl with 1 tsp of oil. Whisk in 5ml of a sweetener of choice until dissolved. Once the peas are warm, drain and place in the bowl of dressing. Toss through the rinsed green leaves and ¾ of the chopped mint. Season and set aside for serving.

3. GET THOSE CHICKPEAS CRISPY When the aubergine reaches the halfway mark, remove from the oven and scatter the chickpeas and garlic around it. Return to the oven for the remaining cooking time. On completion, the chickpeas should be crispy and the aubergine should be cooked through and soft.

4. SMELL THAT LAMB... When the roast has 10 minutes remaining, pat the lamb dry with paper towel. Coat in oil and season with the remaining Lamb Rub. Place a nonstick pan over a medium-high heat. When hot, fry the lamb for 5-7 minutes, shifting as it colours, until browned but not cooked through. Add to the tray and roast for 5-8 minutes or until cooked to your preference. Remove on completion and allow to rest for 5 minutes before slicing.

5. BABA GANOUSH SMOOSH! When the roast veg is ready, scrape the flesh of the aubergine and the garlic into a bowl, discarding the skins. Mash together with a fork until combined but chunky. Mix in the tahini, the remaining lemon juice, and some seasoning – all to taste.

6. FLAVOURSOME & FRESH Smear the baba ganoush over one side of a plate. Top with the aromatic lamb slices and scatter over the crispy chickpeas. Side with the green salad, and garnish with the chopped cranberries and the remaining mint. Marvelous!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	550kj
Energy	132kcal
Protein	7g
Carbs	9g
of which sugars	3.1g
Fibre	3.2g
Fat	7.5g
of which saturated	2.8g
Sodium	62mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days