



UCOOK

Hoisin Lamb Leg

with roasted baby carrots & sweet potato mash

The perfect kind of easy yet satisfying dish we crave during the summer season. The hoisin and balsamic sauce completely envelops the lamb with rich flavour and umami. Sided with roasted leeks, baby carrots, and a creamy sweet potato mash. Flavourtown, here I come!

Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled & cut into bite-sized chunks</i>
100g	Leeks <i>trimmed & halved lengthways</i>
100g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
70ml	Hoisin-balsamic <i>(50ml Hoisin Sauce & 20ml Balsamic Vinegar)</i>
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Gochujang
10g	Sunflower Seeds
160g	Free-range Lamb Leg
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)
Paper Towel

1. SWEET MASH UP Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until desired consistency and combined.

2. LEEKS & CARROTS Rinse the halved leeks and cut into 2-3 cm chunks. Place the halved baby carrots and leeks on a roasting tray. Coat in oil and season. Roast in the hot oven for 20-25 minutes until softened and starting to brown, shifting halfway.

3. SPICY HOISIN SAUCE & SEEDS In a bowl combine the hoisin-balsamic sauce, grated garlic, gochujang (to taste), seasoning, and 15ml of water. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

4. LOVELY LAMB Pat the lamb dry with some paper towel. Place a pan over medium-high heat with a drizzle of oil. Fry the lamb for 5-8 minutes in total, shifting as it colours and browns or until cooked to your liking. In the final 1-2 minutes, baste the lamb with $\frac{1}{4}$ of the spicy hoisin sauce. Remove the lamb from the pan, and rest for 5 minutes before slicing and lightly seasoning.

5. SUPER SAUCY Keeping the pan on the heat, add the remaining spicy hoisin sauce and bring to a simmer. Reduce the heat to medium and cook for 1-2 minutes, stirring occasionally, until it starts to thicken. Remove from the pan and place in a small bowl.

6. FIT FOR ROYALTY! Serve up the flavourful sweet potato mash and side with the juicy lamb slices. Side with the roasted leeks and carrots, with the bowl of the reduced hoisin sauce on the side. Sprinkle over the picked coriander and the toasted seeds. Dig in, Chef!



Chef's Tip

Given the high sodium content in both hoisin and gochujang, additional salt probably won't be needed.

Nutritional Information

Per 100g

Energy	530kJ
Energy	127Kcal
Protein	5.2g
Carbs	13g
of which sugars	6.4g
Fibre	1.6g
Fat	5.8g
of which saturated	2.2g
Sodium	145mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days