



U C O O K

— COOKING MADE EASY

Roast Lamb Leg & Mint Sauce

with crispy baby potatoes, smashed peas & Danish-style feta

Lamb and mint: a timeless pair! Oven-crisped lamb leg cloaked in a BBQ rub and dripped with a sweet, vinegary mint sauce. With sides of roast baby potatoes, a spiced pea smash, and a rocket, baby spinach, radish, and feta salad.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
15ml	Pickling Liquid <i>(10ml Red Wine Vinegar & 5ml Honey)</i>
5g	Fresh Mint <i>rinsed, picked & finely sliced</i>
160g	Deboned Lamb Leg
5ml	NOMU BBQ Rub
75g	Peas
20g	Rocket & Baby Spinach Mix <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
30g	Danish-Style Feta <i>drained</i>

From Your Kitchen

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

1. ROAST BABY 'TATERS Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside.

2. A CLASSIC MINT SAUCE Place the pickling liquid and three-quarters of the sliced mint in a bowl. Add 1 tsp of oil and mix well to combine. Season to taste and set aside.

3. BBQ LAMB When the potatoes reach the halfway mark, give them a shift and turn the oven temperature up to 220°C. Place a nonstick pan over a medium-high heat with a small drizzle of oil. Pat the lamb dry with paper towel and coat in oil, the BBQ Rub, and seasoning to taste. When the pan is hot, fry the lamb for 5-7 minutes until browned but not cooked through, shifting as it colours. Remove from the pan and place in the tray of potatoes. Set the pan of meat juices aside for use in step 4. Return the tray to the oven and roast the lamb for 5-8 minutes or until cooked through to your liking. Remove on completion and allow to rest for 5 minutes before slicing.

4. SMASHED PEAS Return the pan to a medium heat. When hot, add in the peas and use a spatula to lift the juices from the base of the pan. Toss for 1-2 minutes until heated through, then place in a bowl. Roughly crush using a masher or fork, season to taste, and set aside for serving.

5. ASSEMBLE THE SALAD Place the rinsed rocket and spinach, the sliced radish, and the drained feta in a bowl. Toss through a quarter of the mint sauce until coated.

6. IT'S SUPPERTIME Plate up the juicy lamb slices and pour over the remaining mint sauce. Serve alongside the crispy baby potatoes, the crushed peas, and the tossed salad. Garnish with the remaining mint and get to it, Chef!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the
delicious lamb leg to your preference.

Nutritional Information

Per 100g

Energy	631kJ
Energy	151Kcal
Protein	7.9g
Carbs	11g
of which sugars	3.5g
Fibre	2g
Fat	8.3g
of which saturated	3.9g
Sodium	152mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days