



U C O O K

— COOKING MADE EASY

SUNDAY AFTERNOON LAMB ROAST

with roast carrot and beetroot & fresh mint

Let this fragrant, deboned lamb leg feast whisk you away to a lazy Sunday family lunch. Served alongside sautéed spinach, charred lemon, and root veg roasted with garlic and fresh rosemary.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

600g	Beetroot rinsed, trimmed & cut into 1cm thick rounds
960g	Carrots trimmed & cut lengthways into long wedges
8g	Fresh Rosemary rinsed
4	Garlic Cloves
640g	Free-Range Lamb Leg De-boned
40ml	NOMU One For All Rub
2	Lemons zested & halved
400g	Fresh Spinach rinsed & roughly shredded
10g	Fresh Mint rinsed, picked & roughly sliced

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. ROAST BEETS & CARROTS Preheat the oven to 200°C. Place the beetroot rounds on one side of a roasting tray, coat in oil, and season. Place the carrot wedges on the other side, coat in oil, and season. Nestle the whole, unpeeled garlic cloves and rinsed rosemary sprigs amongst the veg. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

3. JUICY LAMB LEG When the roast is halfway, place a large pan over a medium-high heat with a drizzle of oil. Pat the lamb dry with some paper towel. When the pan is hot, fry the lamb for 5-7 minutes in total, shifting as it colours, until browned but not cooked through. During the final minute, add the One For All Rub and a knob of butter (optional) and use to baste the lamb. You may need to do this step in batches. On completion, place the lamb and pan juices in a roasting tray. Pop in the oven to finish cooking for 5-8 minutes or until cooked to your preference. (The time frame recommended will yield a medium-rare result.) Set aside to rest for 5 minutes before slicing. Lightly season the slices.

4. LEMON & SAUTÉED SPINACH Wipe down the pan and return to a medium heat. When hot, char the lemon halves cut-side down for 2-3 minutes until golden brown. Remove from the pan and set aside for serving. Keep the pan on the heat and don't wipe away those lemon flavours! Add another drizzle of oil and sauté the shredded spinach for 5-6 minutes until wilted. Remove from the pan on completion and add some lemon zest and seasoning to taste.

5. FINAL TOUCHES When the roast is ready, remove from the oven and discard the garlic skin and thick rosemary stalks.

6. TRANSPORTED TO A SUNDAY ARVY Make a bed of zesty spinach and top with the beautifully roasted root veg and garlic. Lay over the juicy lamb slices and squeeze over the charred lemon. Garnish with the sliced mint, sit back, and enjoy!



Chef's Tip

Depending on the thickness of your cut of lamb, it may need more time in the oven to finish cooking. If you have a thicker cut, simply leave it in the oven for an extra 2-3 minutes.

Nutritional Information

Per 100g

Energy	393kj
Energy	94Kcal
Protein	5g
Carbs	6g
of which sugars	2g
Fibre	2g
Fat	5g
of which saturated	2g
Salt	1g

Allergens

Allium

Cook
within
4 Days