



UCOOK

Luxurious Leg Of Lamb

with baby carrots & rustic potato mash

Deboned lamb basted with NOMU lamb rub, served with sage tossed baby carrots, and a rustic potato mash. Finished off with a decadent gorgonzola sauce. Rest assured, this is a crowd-pleaser!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

3	Baby Onions
30ml	Balsamic Vinegar
200g	Potato <i>peeled (optional) & cut into bite-sized chunks</i>
100g	Baby Carrots <i>peeled (leaving tops intact)</i>
4g	Fresh Sage <i>riused, picked & dried</i>
160g	Free-range Lamb Leg
7,5ml	NOMU Lamb Rub
65ml	Fresh Cream
30g	Gorgonzola

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Peel the baby onions and halve lengthways – but don't remove the tip that keeps the layers joined together. Place on a roasting tray, coat in oil, and season. Spread out evenly, turn cut-side down, and cover with tinfoil. Roast in the hot oven for 20-25 minutes until soft. On completion, remove the tinfoil and turn the onions cut-side up. Coat in the balsamic vinegar and return to the oven for a further 10 minutes until caramelised.

2. RUSTIC MASH Place a pot of cold salted water over a high heat. Add in the potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Stir through a splash of milk or water, a knob of butter, and season to taste.

3. FLAVOURFUL CARROTS Place a small pot over a medium heat with a knob of butter and a splash of water. When hot, add the carrots and pop on a lid. Allow to cook for 10-12 minutes until soft and tender, shifting occasionally. On completion, add in another knob of butter. Once melted, add the sage leaves and fry for a further 1-2 minutes. Remove from the heat, place in a bowl and cover to keep warm.

4. SIZZLING LAMB Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When the pan is hot, brown the lamb for 2-3 minutes in total, shifting as it colours. In the final minute, baste the lamb with the rub. Place on a roasting tray to finish cooking in the oven for 5-8 minutes or until cooked to your liking. Rest for 5 minutes before slicing. Lightly season the slices.

5. CREAMY GORGONZOLA Return the pot to a medium heat. Add in the fresh cream and crumble in the gorgonzola. Whisk until melted and season to taste.

6. DINNER IS SERVED Plate up the succulent lamb slices. Side with caramelised balsamic onions, rustic mash, and the buttery carrots drizzled with the sage butter. Serve with the decadent, creamy gorgonzola sauce. Well done Chef!

Nutritional Information

Per 100g

Energy	630kj
Energy	151Kcal
Protein	6.3g
Carbs	11g
of which sugars	3.5g
Fibre	1.9g
Fat	9.6g
of which saturated	5.1g
Sodium	115mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days