



U C O O K

— COOKING MADE EASY

Juicy Lamb Leg Tabbouleh

**with roast onion and baby tomatoes,
fresh mint & Danish-style feta**

This oven-roasted deboned lamb leg will make you drool with its succulent meat, lightly charred edges, and coating of fragrant NOMU Rub. Laid over a nourishing bulgur tabbouleh with roast tomato and onion, cucumber, fresh mint, and lemon.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

| | |
|-------|--|
| 1 | Red Onion <i>one half peeled & cut into thin wedges</i> |
| 100g | Baby Tomatoes <i>rinsed</i> |
| 7.5ml | NOMU Roast Rub |
| 50g | Cucumber <i>diced</i> |
| 1 | Spring Onion <i>finely sliced</i> |
| 8g | Fresh Mint <i>rinsed, picked & roughly chopped</i> |
| 40g | Danish-Style Feta <i>drained</i> |
| 1 | Lemon <i>one half zested & cut into wedges</i> |
| 80ml | Bulgur Wheat & Vegetable Stock <i>(75ml Bulgur Wheat & 5ml Vegetable Stock)</i> |
| 160g | Deboned Lamb Leg |

From Your Kitchen

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

1. TIME TO GET ROASTIN' Preheat the oven to 180°C. Place the onion wedges and rinsed baby tomatoes on a roasting tray. Coat in oil and half of the Roast Rub. Roast in the hot oven for 20-25 minutes until the onion is crisping up and the tomatoes have blistered, shifting halfway.

2. MARINATE YOUR SALAD Boil the kettle for step 3. Place the diced cucumber, the sliced spring onion, and three-quarters of the chopped mint in a bowl. Crumble in half of the drained feta, squeeze in some lemon juice, and add some lemon zest to taste. Toss to coat, season to taste, and set aside to marinate until serving.

3. TENDER BULGUR Using a shallow bowl, submerge the bulgur wheat and stock in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff with the fork on completion, replace the plate, and set aside to keep warm.

4. ROAST THE LAMB LEG When the onions and tomatoes reach the halfway mark, place a nonstick 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 4-7 minutes until browned but not cooked through, shifting as it colours. Remove from the heat on completion, add the remaining Roast Rub to the pan, and toss to coat. Place on the roasting tray amongst the veg (or use a separate tray if necessary). Finish off in the oven for 5-8 minutes or until cooked through to your preference. Remove from the tray on completion and allow to rest for 5 minutes before slicing.

5. VIBRANT BULGUR TABBOULEH Once the bulgur and veggies are cooked, add them to the bowl of cucumber and spring onion. Toss to combine.

6. GRAB A BOWL AND PILE IT UP! Serve up some bulgur tabbouleh and top with the tender slices of lamb. Crumble over the remaining feta, add a squeeze of lemon juice to taste, and garnish with the remaining chopped mint. Your dinner awaits!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 655kj |
| Energy | 156Kcal |
| Protein | 8.2g |
| Carbs | 12g |
| of which sugars | 1.5g |
| Fibre | 2.6g |
| Fat | 8.5g |
| of which saturated | 4g |
| Sodium | 191mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days