



UCCOOK

Spiced Lamb & Red Pepper Mayo

with roasted baby potatoes & broccoli


The nutty, earthy Middle Eastern spice blend, Za'atar, elevates this lamb dish to a next level. The exotic, spice-crusted lamb is served with oven-roasted baby potatoes, rosemary baked broccoli, and finished with a rich and creamy garlic & piquanté pepper mayo.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

250g	Baby Potatoes <i>halved</i>
5g	Walnuts <i>roughly chopped</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Garlic Clove
4g	Fresh Rosemary <i>rinsed</i>
40ml	That Mayo (Original)
25g	Sweet Piquanté Peppers <i>drained & finely chopped</i>
160g	Free-range Deboned Lamb Leg
10ml	Za'atar Spice Blend
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. CRISPY POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. TOASTED Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ROSEMARY & GARLIC VEG When the roast has 15-20 minutes remaining, coat the broccoli pieces, the garlic clove and the rinsed rosemary sprigs in oil. Add to the roasting tray and return to the oven for the remaining cooking time.

4. PREP In a bowl, combine the mayo with the chopped peppers and seasoning. Set aside.

5. ZA'ATAR LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). Remove from the pan and place on the roasting tray with the veg to finish cooking in the oven, 5-8 minutes. Remove from the oven and roll through the spice blend. Rest for 5 minutes before slicing and lightly seasoning.

6. FLAVOURED MAYO When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Finely chop the flesh and mix through the red pepper mayo. Discard the rosemary sprigs before serving.

7. GATHER AROUND THE TABLE Serve up the golden potatoes and broccoli. Lay the za'atar crusted lamb slices alongside. Dollop over the red pepper mayo. Garnish with scatterings of chopped walnuts and parsley.



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes. Shift and add the broccoli pieces, garlic clove, & rosemary sprigs at the halfway mark.

Nutritional Information

Per 100g

Energy	673kJ
Energy	161kcal
Protein	6.7g
Carbs	13g
of which sugars	2.4g
Fibre	1.8g
Fat	8.7g
of which saturated	3.3g
Sodium	203mg

Allergens

Egg, Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days