



UCCOOK

Spiced Lamb Leg

with roasted carrots, lentils & kale

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

	Per 100g	Per Portion
Energy	465kJ	3137kJ
Energy	111kcal	750kcal
Protein	6.4g	43.2g
Carbs	10g	65g
of which sugars	3.3g	22.5g
Fibre	3.1g	21g
Fat	5.3g	36g
of which saturated	2.3g	15.3g
Sodium	67mg	449mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
2	2	Onions <i>peel & cut into thin wedges</i>
150g	200g	Kale <i>rinse & roughly shred</i>
480g	640g	Free-range De-boned Lamb Leg
15ml	20ml	NOMU Spanish Rub
30ml	40ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the carrot, the lentils, and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden and cooked through, 30-35 minutes (shifting halfway).

2. KALE Place the kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the roast has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

3. LAMB Place a pan over 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). In the final 1-2 minutes, baste with a knob of butter, and the NOMU rub. Remove from the pan with all the pan juices, and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing. Lightly season the slices.

4. DINNER IS READY Plate up the roast, drizzle over the lime juice (to taste), and side with the delicious lamb, and dig in, Chef!