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GOOD FOOD | GOOD PEOPLE

Sunshine Lamb Leg Salad

with roast beetroot, caramelised baby onions & Dijon dressing

Supper perfection to make you beam from the inside out! Deboned lamb leg, roasted with tandoori rub and laid over a bright salad of roast beetroot and onion, charred baby marrow, and fresh baby spinach – all dripped with a classic Dijon dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

150g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
2	Baby Onions
5g	Pumpkin Seeds
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-size chunks</i>
160g	Deboned Lamb Leg
7,5ml	NOMU Tandoori Rub
17,5ml	Dijon Dressing <i>(10ml White Wine Vinegar, 5ml Honey & 2,5ml Dijon Mustard)</i>
40g	Baby Spinach <i>rinsed</i>
2g	Fresh Thyme <i>rinsed & picked</i>

From Your Kitchen

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

1. ROAST THE BEETS Preheat the oven to 200°C. Spread out the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy.

2. CARAMELISED BABY ONIONS Peel the baby onions and halve them lengthways. Don't remove the tip that keeps the layers joined together. Place on a separate roasting tray, coat in oil, and season. Spread out evenly and turn cut-side down. Cover with tinfoil and roast in the hot oven for 20-25 minutes until soft. Then, remove the tinfoil and turn the onions cut-side up. Return to the oven for a further 5-10 minutes until caramelised.

3. TOAST THE SEEDS & CHAR THE MARROW Place a nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks for 5-6 minutes until charred and cooked through. Transfer to a salad bowl on completion, season, and set aside.

4. LUSCIOUS LAMB LEG Return the pan to a medium-high heat with a small drizzle of oil. Pat the lamb dry with some paper towel. Coat in oil, the Tandoori Rub to taste, and some seasoning. When the pan is hot, fry the lamb for 5-7 minutes in total, shifting as it colours, until browned all over but not cooked through. On completion, place on a roasting tray and finish off in the oven for 10-12 minutes or until cooked through to your preference. Remove from the oven and allow to rest for 5 minutes before slicing.

5. GET YOUR VEGGIE SALAD TOGETHER Place the Dijon dressing in a small bowl and whisk in 1 tsp of olive oil. When the veg are roasted, add to the bowl of charred baby marrow along with the rinsed baby spinach. Drizzle over the Dijon dressing to taste and toss to coat.

6. BASK IN THE DELICIOUSNESS! Dish up a mound of fresh-flavoured salad and top with the juicy lamb slices. Garnish with toasted pumpkin seeds and fresh thyme leaves. Sit back, relax, and tuck in!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	466kj
Energy	111Kcal
Protein	6.5g
Carbs	8g
of which sugars	5.3g
Fibre	2.1g
Fat	6.7g
of which saturated	2.8g
Sodium	116mg

Allergens

Allium, Sulphites

Cook
within
4 Days