



U C O O K

— COOKING MADE EASY


THE KITCHEN'S LAMB LEG


with Pesto Princess chermoula paste &
toasted pine nuts

"I think we all need something special right now, and a feast of succulent lamb with golden, crispy edges, fluffy bulgur salad, and the sweet pop of pine nuts is just the thing."
– Karen Dudley

Prep + Active Time: 30 minutes

Total Cooking Time: 55 minutes

 **Serves:** 4 people

 **Chef:** Karen Dudley

 **Health Nut**

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Ingredients

640 g	Free-Range De-boned Lamb Leg
20 ml	NOMU Lamb Rub
3	Garlic Cloves <i>peeled & finely diced</i>
2	Lemons <i>zested & cut into wedges</i>
400 ml	Bulgur Wheat
30 ml	Pine Nuts
100 ml	Plain Yoghurt
40 ml	Pesto Princess Chermoula Paste
200 g	Peas
80 g	Baby Spinach <i>rinsed</i>
320 g	Baby Tomatoes <i>quartered</i>
20 g	Fresh Parsley <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. MARINATE THE LAMB

Pat the lamb dry with some paper towel. Place a lamb leg on a chopping board. Place the palm of your non-cutting hand on top of the lamb. Using a sharp knife, cut horizontally into the flesh but not all the way through, creating one thinner piece of meat. This butterflying process will ensure the lamb cooks evenly. Repeat this step with each lamb leg. Place the lamb in a shallow dish and coat in the Lamb Rub. Add in half of the chopped garlic and some lemon juice, reserving some for the gremolata. Massage the meat to coat evenly and cover with a plate. Set aside to marinate until frying. If time is on your side, you can let it marinate for longer – anywhere up to 24 hours.

2. START THE BULGUR

Boil a full kettle. Using a shallow bowl, submerge the bulgur wheat in 600ml of boiling water and add a drizzle of oil. Gently stir through with a fork, cover with a plate, and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

3. PRECIOUS PINE NUTS

Place a pan, large enough to fry the lamb, over a medium heat. When hot, toast the pine nuts for 2-4 minutes until golden, shifting occasionally. Keep a close eye on them; they can burn easily. Remove from the pan on completion and set aside for serving.

4. GET SAUCEY

Season the yoghurt to taste. Combine the chermoula paste with 1 tbsp of olive oil. Set both sauces aside for serving. To make the gremolata, place the chopped parsley, the lemon zest, and the remaining garlic on a chopping board. Mix it all together and chop until fine and well combined.

5. LOAD UP

Submerge the peas in some warm water from the kettle for 2-3 minutes until heated through. Drain on completion. Once the bulgur wheat is cooked, place in a large salad bowl with the gremolata, warm peas, rinsed baby spinach, and quartered baby tomatoes. Toss to combine, season to taste, and set aside for serving.

6. JUICY LAMB LEG

Return the pan to a high heat with a drizzle of oil. When hot, brown the lamb for 3-4 minutes in total, shifting as it colours. Then, reduce to a low-medium heat, pop on the lid, and cook for 3-4 minutes per side. You may need to do this step in batches. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

7. TIME TO DINE!

Make a bed of loaded bulgur wheat salad and top with the lamb slices. Drizzle over the chermoula sauce and sprinkle with the toasted pine nuts. Serve with the yoghurt on the side and your Kitchen-style lamb leg is ready to rumble!

Nutritional Information

Per 100g

Energy (kJ)	757
Energy (kcal)	181
Protein	9
Carbs	16
of which sugars	2
Fibre	4
Fat	9
of which saturated	3
Salt	0

Cook within: 4 days

Allergens: Gluten Dairy Allium Wheat Tree Nuts

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