



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: Doos Wine | Doos Dry Red 3L

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 465.4kJ | 3136.7kJ |
| Energy | 111.3kcal | 750.3kcal |
| Protein | 6.4g | 43.2g |
| Carbs | 9.7g | 65.3g |
| of which sugars | 3.3g | 22.5g |
| Fibre | 3.1g | 21g |
| Fat | 5.3g | 36g |
| of which saturated | 2.3g | 15.3g |
| Sodium | 66.7mg | 449.3mg |

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)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

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!