



UCCOOK

Middle Eastern Lamb Leg

with roasted beetroot & tzatziki

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Old Vines Carel van Zyl Grenache 2023

Nutritional Info

	Per 100g	Per Portion
Energy	462kJ	3431kJ
Energy	110kcal	821kcal
Protein	6.6g	49.4g
Carbs	7g	55g
of which sugars	2.1g	15.3g
Fibre	2.3g	17.2g
Fat	5.7g	42.5g
of which saturated	2.3g	17.2g
Sodium	70mg	519mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
10ml	20ml	Middle Eastern Seasoning
120g	240g	Chickpeas <i>drain & rinse</i>
50g	100g	Kale <i>rinse & roughly shred</i>
160g	320g	Free-range De-boned Lamb Leg
50ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. ROAST Preheat the oven to 200°C. Spread the beetroot and onion on a roasting tray. Coat in oil and ½ of the Middle Eastern seasoning. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHICKPEAS Coat the chickpeas with oil and season. When the roast has been in for 15-20 minutes, scatter the chickpeas over and roast for the remaining time until crispy.

3. KALE Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. When the roast has 6-8 minutes to go, scatter over the kale and roast for the remaining time until crispy.

4. LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and coat with the remaining Middle Eastern Seasoning. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices (to taste).

5. TIME TO FEAST Dish up the roast, side with the lamb slices, and finish with dollops of the tzatziki. Enjoy, Chef!