



# UCCOOK

## Spiced Lamb Leg

**with roasted carrots, lentils & kale**

Why wait until the weekend to have a lip-smacking Sunday lamb roast? An oven-roasted veggie medley of carrot, onion & kale is the delicious side dish for NOMU Spanish-rub spiced leg of lamb. A drizzle of lime juice, a garnish of coriander, and the highlight of your week is about to begin. Now dig in, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Carb Conscious

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Domaine Des Dieux | Sangiovese

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
60g	Tinned Lentils <i>drain &amp; rinse</i>
1	Onion <i>peel &amp; cut into thin wedges</i>
50g	Kale <i>rinse &amp; roughly shred</i>
160g	Free-range De-boned Lamb Leg
5ml	NOMU Spanish Rub
10ml	Lime Juice
3g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the carrot pieces, the rinsed lentils, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden and cooked through, 25-30 minutes (shifting halfway).

**2. KALE** Place the shredded kale in a bowl 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 scatter over the dressed kale. 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. Scatter the coriander leaves over the roast, and dig in, Chef!

## Nutritional Information

Per 100g

Energy	464kJ
Energy	111kcal
Protein	6.4g
Carbs	10g
of which sugars	3.3g
Fibre	3.1g
Fat	5.3g
of which saturated	2.3g
Sodium	66mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
4 Days