



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!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

Carb Conscious

Domaine Des Dieux | Sangiovese

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
180g	Tinned Lentils <i>drain & rinse</i>
2	Onions <i>peel & cut into thin wedges</i>
150g	Kale <i>rinse & roughly shred</i>
480g	Free-range De-boned Lamb Leg
15ml	NOMU Spanish Rub
30ml	Lime Juice
8g	Fresh Coriander <i>rinse & 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, 30-35 minutes (shifting halfway).

2. KALE Place the shredded 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. 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