



UCOOK

Zesty Roast Lamb Leg

with a couscous salad, tahini drizzle & roasted butternut

The rich flavour of lamb is combined with sweet, savoury and zesty notes to create a leg of lamb like you've never seen before! Served with a fluffy date-studded couscous salad, sweet roasted butternut and a creamy dressing, you'll be going back for thirds!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Boschendal | 1685 Merlot

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Lemon <i>½ zested & thinly sliced</i>
160g	Free-range Deboned Lamb Leg
10ml	NOMU Coffee Rub
75ml	Whole Wheat Couscous
50g	Pitted Dried Dates <i>roughly chopped</i>
10g	Flaked Almonds
25ml	Tahini
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTED BUTTERNUT Preheat the oven to 200°C. Boil the kettle. Place the butternut chunks and the lemon slices on a roasting tray. Coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. COFFEE LAMB Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When the pan is hot, brown the lamb for 5-7 minutes in total, shifting as it colours. In the final minute, baste with a knob of butter or a drizzle of oil and the rub. Once browned, add to the roasting tray with the butternut to finish cooking in the oven for 5-8 minutes or until cooked to your liking. Rest for 5 minutes before slicing.

3. BECOUSCOUS, I SAID SO! Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork and toss through the lemon zest (to taste) and seasoning.

4. SALAD & MINTY DRIZZLE In a bowl, combine the zesty couscous, the chopped dates, the flaked almonds, a drizzle of oil, and seasoning. In a separate bowl, combine the tahini, ½ the chopped parsley, and seasoning. Add water in 5ml increments until a drizzling consistency.

5. I L-AM-B HUNGRY! Plate up the rinsed salad leaves. Top with the roasted butternut and the couscous salad. Top with the juicy lamb slices. Drizzle over the tahini dressing and serve with the roasted lemon slices. Sprinkle over the remaining parsley. Lamb-licious, Chef!

Nutritional Information

Per 100g

Energy	692kJ
Energy	165Kcal
Protein	7.4g
Carbs	18g
of which sugars	7.3g
Fibre	2.6g
Fat	6.7g
of which saturated	2.6g
Sodium	96mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days