



# 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:** Neil Ellis Wines | Neil Ellis Stellenbosch  
Cabernet Sauvignon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 410kj    | 2764kj      |
| Energy             | 98kcal   | 661kcal     |
| Protein            | 6.4g     | 43.2g       |
| Carbs              | 10g      | 65g         |
| of which sugars    | 3.3g     | 22.5g       |
| Fibre              | 3.1g     | 21g         |
| Fat                | 5.3g     | 36g         |
| of which saturated | 2.3g     | 15.3g       |
| Sodium             | 67mg     | 449mg       |

**Allergens:** Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|      |      |                                                                     |
|------|------|---------------------------------------------------------------------|
| 720g | 960g | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 180g | 240g | Tinned Lentils<br><i>drain &amp; rinse</i>                          |
| 2    | 2    | Onions<br><i>peel &amp; cut into thin wedges</i>                    |
| 150g | 200g | Kale<br><i>rinse &amp; 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), side with the delicious lamb, and dig in, Chef!