



# QCOOK

## Mustard, Honey & Thyme Lamb

with smoked paprika carrots

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Sophie Germanier Organic | Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	627kJ	3122kJ
Energy	150kcal	747kcal
Protein	8g	39.7g
Carbs	8g	41g
of which sugars	5.3g	26.5g
Fibre	1.9g	9.5g
Fat	9.7g	48.2g
of which saturated	3.7g	18.4g
Sodium	90mg	448mg

**Allergens:** Sulphites, Egg, Cow's Milk

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
5ml	10ml	Smoked Paprika
10g	20g	Sunflower Seeds
160g	320g	Free-range De-boned Lamb Leg
3g	5g	Fresh Thyme <i>rinse</i>
25ml	50ml	Honey Mustard <i>(15ml [30ml] Mustard &amp; 10ml [20ml] Honey)</i>
15ml	30ml	Red Wine Vinegar
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Italian-style Hard Cheese <i>peel into shavings</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. PAPRIKA CARROTS** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, smoked paprika, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. TOASTED SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. THYME LAMB LEG** Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. 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) and thyme. Add the honey mustard and baste until coated and lightly sticky, 1-2 minutes. Remove from the pan, with all the pan juices, discard the thyme sprigs, and rest for 5 minutes before slicing.

**4. SIMPLE SALAD** In a salad bowl, combine the vinegar with a generous drizzle of olive oil. Mix to emulsify, add the salad leaves, cheese, sunflower seeds, toss to combine, and season.

**5. DINNER IS READY** Dish up the paprika carrots, side with the lamb and all the juices. Serve the simple salad on the side and dig in, Chef!