



ASIAN LAMB ROAST

A festive spicy dish that offers a medley of Thai flavors.

Nutrition Facts Per Serving: Calories 1670, Protein 135g, Carbs 71g, Fat 91g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 180+ min



INGREDIENTS

Lamb

Potato

Carrot

Onion and Garlic

Fresh Ginger & Fresh Coriander

Thai chili (optional)

Rice Vinegar

Broth

Honey, Sesame Oil

Sunflower Oil

Spices and Salt

Lemon & Lime Juices

METHOD

1. Preheat oven to 180°C. Wash potatoes then cut into large chunks.
2. Place carrots & potatoes in bowl, add 1 teaspoon spice mix, & rub well.
3. Arrange veggies under and around the rack of lamb in the provided oven dish. Make sure lamb is sitting properly.
4. Add water to the pot to about 2 cm depth. Cover loosely with aluminum foil (or lid if your roasting pot has it), place in oven & cook for 1 hour.
5. Take the lamb out from the oven, baste with juices, cover again & return to oven for 30 min more.
6. Repeat basting process & roast for 30 min more. Check meat, it should be very tender & falling off the bone, if not, baste again cover & repeat the process.

While the lamb is roasting prepare the sauce:

7. Place a heavy sauce pot over medium heat, when hot add sunflower oil & swirl to heat, add the onions, reduce heat to medium & cook stirring until golden.
8. If using chili (very spicy) add them now & cook stirring for 1 min further.
9. Add garlic & ginger & cook for 1 min more. Add the sesame oil & remaining spices, toss to mix then add half the rice vinegar.
10. Dissolve broth cubes in 400 ml boiling water and set aside. When the vinegar evaporates completely, add the broth & bring to boil, reduce heat & simmer for 10 mins & reduce until there is about 1½ cups.
11. Dissolve honey in remaining vinegar & add to the simmering sauce.
12. Bring to boil then remove from heat and liquefy using electric hand blender. If using your blender mixer be careful and allow to cool a little before blending as hot liquid will splash all over.
13. Return sauce to a boil, reduce heat to low and simmer until sauce has thickened. Turn heat off.
14. Remove lamb from oven. Allow to rest for 5 min then carefully transfer lamb and veggies to serving dish.
15. Add any leftover dripping to the sauce and reheat quickly, remove from heat, add half the chopped coriander and lemon/lime juice and mix.
16. Carve the lamb, spoon a generous amount of the sauce over & garnish with remaining coriander leaves. Serve with remaining sauce on the side.