



## MIDDLE EASTERN LAMB ROAST

**Nutrition Facts Per Serving (400 gram meat):** Calories 795, Protein 68g, Carbs 27g, Fat 47g

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

**Preparation Time:** 10 min, **Cooking Time:** 4 hours+



## INGREDIENTS

Whole Leg of Lamb

Marinate Rub

Mushroom

Zucchini

Carrots

Rice

# METHOD

1. Preheat oven to 180C
2. Wash mushrooms and dry. Cut in half.
3. Place veggies in deep oven tray, rub well with marinate and spread evenly.
4. Place marinated leg of lamb over the vegetables.
5. Add to the oven tray  $\frac{1}{4}$  cup water.
6. Cover with baking sheet then seal very well with 2 – 3 aluminum foil.
7. Place in oven and cook for 4 hours.
8. Remove foil and baking sheet and check. Meat should be falling off the bone.
9. Transfer the meat and veggies to a serving dish and rest for 10 minutes.
10. Optional: you can serve the juices in the oven tray as is. Else, reduce the juices in a sauce pan over rapid heat until thickened then skim off the fat before serving.

## **Steamed Plain Basmati Rice**

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.