



## MIDDLE EASTERN LAMB ROAST

**Nutrition Facts Per Serving (400 gram meat):** Calories 47, Protein 66g, Carbs 12g, Fat 53g

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

**Preparation Time:** 5 min, **Cooking Time:** 4 hours+



## INGREDIENTS

Whole Leg of Lamb

Marinate Rub

Mushroom

Zuchini

Carrots

# 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.
11. Serve with white or matchboos rice and yogurt condiment on the side.