



LAMB ROAST WITH GAZAN SPICES

Nutrition Facts Per 100 grams of Lamb: Calories 256, Protein 25g, Carbs 21g, Fat 7g

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

Preparation Time: 10 min, **Cooking Time:** 240 min



INGREDIENTS

Whole leg of lamb (around 2.5 KG
marinated in Gazan Spices, Chili
flakes, Turmeric, Garlic, Olive Oil
Coriander Leaves, and Yoghurt)

Potato
Pumpkin
Carrots
Rice (2 cups)

METHOD

1. Preheat oven to 180C. Add to the oven tray ¼ cup water.
2. Place veggies in deep oven tray, rub well with marinate & spread evenly.
3. Place marinated leg of lamb over the vegetables.
4. Cover with baking sheet then seal well with 2 – 3 aluminum foil sheets.
5. Place in oven and cook for 4 hours.
6. Remove foil & baking sheet & check. Meat should be falling off the bone.
7. Transfer the meat and veggies to a serving dish and rest for 10 minutes.
8. Optional: you can serve the juices in the oven tray as is. Else, reduce the juices in a saucepan over rapid heat until thickened then skim off the fat before serving.
9. Serve with white rice and yogurt condiment on the side.

Steamed Plain Basmati Rice

10. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
11. It is advised that rice gets soaked in water for two hours before cooking. If you are unable to do this, you can just move to step 12.
12. 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.
13. 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.
14. 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.