



Souk-spiced leg of lamb with sticky carrots, lime, feta & bulgur wheat

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Serves 10

INGREDIENTS:

For the lamb;

300g Greek yoghurt
30g tomato paste
20g garlic
15ml olive oil
5g ground cumin
5g ground cinnamon
5g smoked paprika
5g ground turmeric
5g cayenne
5g sea salt
1200g leg of lamb

50g spring onions
100g pomegranate seeds
100ml pomegranate molasses

For the carrots;

1000g carrots
17g fresh coriander
50ml rapeseed oil
5g coriander seeds
5g black mustard seeds
5g sea salt
2g black peppercorns

30 clear honey
30g rose harissa
2 limes, zested and juiced
100g feta, crumbled
100g flaked almonds
30g dried cranberries

For the bulgur wheat;

450g red onions
90ml pomegranate molasses
60g tomato paste
30g sriracha

10g garlic powder
30ml garlic infused oil
450ml water
300ml bulgur wheat
3g sea salt
2g black peppercorns

METHOD:

1. To make the lamb; Preheat the oven to 160°C fan. Line a gastro tray with parchment paper.
2. In a bowl mix together 150g Greek yoghurt, tomato paste, garlic, olive oil, cumin, cinnamon, paprika, turmeric, cayenne and salt.
3. Coat the lamb all over in the marinade and season generously with sea salt flakes. Place on the lined gastro tray and roast for 1½ hours.
4. Remove from the oven, cover the lamb with a double layer of foil and roast for a further 2½ hours.
5. Remove from the oven and leave the lamb to rest, covered with the foil, for 20-30 mins.
6. Garnish with sliced spring onions, pomegranate seeds, a drizzle of pomegranate molasses and the remaining Greek yogurt. Serve with sticky lime & feta carrots and tangy bulgur wheat.
7. To make the carrots; Preheat the oven to 200°C fan. Line a gastro tray with parchment paper.
8. In a bowl add the carrots, oil, coriander seeds, mustard seeds, salt, freshly cracked pepper and mix to coat. Spread on to the lined gastro tray and bake for 30 mins.
9. In a bowl mix together the honey, harissa, zest and juice of the limes.
10. Remove the carrots from the oven, drizzle on the honey glaze and toss the carrots to evenly coat, then roast for another 10-12 mins until nice and sticky.
11. Remove from the oven, give the carrots a final toss in the glaze.
12. Garnish the carrot with the feta, chopped coriander, flaked almonds and dried cranberries.
13. To make the bulgur wheat; Preheat the oven to 180°C fan.
14. In a container add the molasses, tomato paste, sriracha, garlic powder, garlic oil, 450ml water and mix
15. In a half gastro tray add the bulgur wheat and pour in the seasoned water mixing to combine. Season generously with salt and freshly cracked pepper.
16. Add the onion wedges and turn to coat them in the liquid, then space them out in the dish. Bake for 45 mins. Remove from the oven, fluff the grains with a fork.