

A top-down view of a white plate. On the left is a long, rectangular piece of lamb shoulder, dark brown and covered in spices, garnished with pink and yellow rose petals. To its right is a pile of fresh green arugula. In the foreground is a small, round, light-colored bowl filled with a creamy white yogurt-based dressing, topped with sliced cucumbers, fresh mint leaves, and a sprinkle of red spices. A few large green leaves are scattered around the bowl.

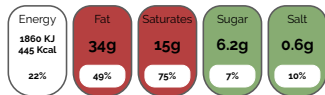
Spice perfumed whole  
shoulder of lamb

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# Spice perfumed whole shoulder of lamb

Serves 4

Per Average Serving



Adults need around 8,400kJ/2000Kcal a day  
Typical values per 100g: Energy 606kJ/145Kcal

## INGREDIENTS:

1kg lamb shoulder, bone in  
1 tbsp rapeseed oil  
2 tsp ground cumin  
4 tsp sumac  
1 tsp ground cinnamon  
1 tsp dried rose petals  
½ tsp salt

Cacik (Turkish cucumber  
yoghurt)  
2 garlic cloves, minced  
10g dill, leaves chopped  
10g mint, leaves chopped  
½ lemon, zested, juiced  
½ cucumber, grated, water  
squeezed out  
250g half fat Greek yoghurt  
1 pinch salt

Roka salatasi (rocket &  
spinach salad)  
20g butter  
1 tsp rapeseed oil  
140g spinach, washed, well  
drained  
140g rocket, washed, well  
drained  
1 red chilli, finely sliced  
½ lemon, zested, juiced  
Freshly ground black pepper  
to taste

## METHOD:

1. To make the cacik; combine all the ingredients together and chill until ready to use.
2. Preheat the oven to 140°C. Place the lamb into a roasting tray. Combine all the spices together and grind to a fine powder in a pestle and mortar. Drizzle the lamb with the oil, season with the salt and rub the spice mix in.
3. Roast the lamb in the oven for approx. 4 hours or until the lamb is tender enough to be pulled.
4. To make the roka salatasi; melt the butter in suitable size pan. Add the oil and spinach and cook for 30 secs. Add the rocket and cook for a further 30 secs. Season with the chillies, pepper, lemon zest and juice. Remove from the heat and serve.
5. To serve; shred the lamb and serve with the cacik and roka salatasi.