



MARINATED LAMB, ROASTED CHICKPEA AND CARROT SALAD

A salad of marinated leg of lamb with roasted chickpeas and carrots, flavoured with spices and orange zest, served warm on a bed of grilled red cabbage, garnished with a seed crumble and white balsamic dressing.

YIELD: 4 - 6 servings PREP TIME: 30 minutes COOKING TIME: 2 hours 30 minutes



Lamb & Marinade

½ cup Apple cider vinegar
2 tablespoons Lemon juice
¼ cup Brown sugar
1 tablespoon Ground cumin
1 tablespoon Ground coriander
1 tablespoon Sumac/Zatar/ Lemon pepper
1 teaspoon Lemon zest
1 teaspoon Thyme (dried) or 1 tablespoon fresh
2 cloves Garlic, crushed
2 teaspoons Salt
1 teaspoon Freshly ground pepper
1/3 cup Olive oil
1/5 Kg Leg of lamb

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Seed crumble

¼ cup Sunflower seeds
¼ cup Sesame seeds
¼ cup Pepitas (pumpkin seeds)
¼ cup Slivered almonds
4 tablespoons Treacle sugar
1 tablespoon Butter

Dressing

½ cup Olive oil
¼ cup White balsamic vinegar
2 tablespoons Honey
½ teaspoon Dijon mustard
½ teaspoon Salt
¼ teaspoon Freshly ground pepper

Prepare the marinade:

Preheat the oven to 200°C. Prepare the marinade by combining the vinegar, lemon juice, sugar, cumin, coriander, lemon pepper, lemon zest, thyme, garlic, salt and pepper and olive oil. Place the leg of lamb in a large deep baking tray and pour the marinade over the lamb. Turn the leg around and rub the marinade into the lamb so that the entire leg of lamb is covered with the marinade. Leave it to sit for 30 minutes or longer if preferred. Cover the lamb with aluminum foil and cook for 1 ½ hours. Remove the foil and cook a further 50 minutes until the lamb is a rich brown colour, tender and falling off the bone. While the lamb is cooking prepare the salad, seed crumble and dressing.

Prepare the salad:

Prepare the carrots and place in a frying pan. Drizzle with oil and sprinkle the coriander, salt and pepper. Sauté over medium heat and toss to coat the carrots evenly. Sauté until tender and lightly browned and slightly caramelised. Place the chickpeas, orange juice, orange zest, garlic, cumin and red pepper flakes in a medium saucepan over medium heat. Cook stirring occasionally until the juice is reduced by half about 5 minutes. Remove from the heat and set aside. Slice the red cabbage into thick slices about 1 cm thick, vertically across the cabbage. Heat a grill pan and lightly oil the pan. Season the cabbage with salt and pepper and place the slices on the hot grill pan and grill until slightly charred. Remove from the pan and place on a plate on the side. Place the grilled cabbage in a large salad bowl or divide into 6 individual bowls. Place the washed rocket on top of the grilled cabbage. Top with the chickpeas and some of the remaining juice and the sautéed carrots. Shred the lamb and add to the salad. Drizzle with the white balsamic vinaigrette and sprinkle the seed crumble on top. Garnish with micro herbs.

Prepare the seed crumble: (this can be prepared ahead of time)

Preheat the oven to 180°. Line a baking sheet with baking paper or foil. Combine sunflower seeds, sesame seeds, pepitas, slivered almonds, sugar and butter in a small saucepan and place over medium heat until sugar and butter have melted. Pour onto the baking sheet and bake for 10-12 minutes until golden brown. Stir a few times during the cooking period. Remove from the oven and leave to cool completely.

Prepare the dressing:

Whisk together the olive oil, vinegar, honey, Dijon mustard, salt and freshly ground pepper until well blended and emulsified. Place in a jug or bottle and pour over the salad as desired.