

PERSIAN SPICED LAMB SHOULDER

SERVES: 6-8 PREPARATION: 20 MINUTES COOKING: 1 HOUR

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| 1 LAMB SHOULDER, DEBONED AND TRIMMED OF FAT (1.2KG) | 3 BUNCHES BABY HEIRLOOM CARROTS, PEELED, STALKS TRIMMED TO 4CM |
| 6 GLOVES GARLIC, CHOPPED | CRANBERRY & KALE QUINOA |
| 1 TSP CINNAMON | 1 CUP QUINOA |
| 1 LEMON, ZESTED AND JUICED | 3 CUPS TUSCAN KALE (CAVALO NERO) OR SPINACH, FINELY SHREDDED |
| 1 TBSP HARISSA PASTE (OR 1 TSP CHILLI POWDER) | 1 TBSP OLIVE OIL |
| 1 TBSP OLIVE OIL | 2 TBSP ORANGE JUICE |
| ¼ CUP RAISINS | ¼ CUP DRIED CRANBERRIES |
| ½ BUTTERNUT PUMPKIN, CUT INTO 2CM SLICES | ¼ CUP MINT LEAVES |
| 8 BABY EGGPLANTS, HALVED LENGTHWAYS | GREEK YOGHURT AND POMEGRANATE SEEDS, TO SERVE |

1. Preheat oven to 200°C fan-forced.
2. Place garlic, cinnamon, lemon zest and juice, harissa and oil in a large bowl and mix to combine. Spread half the marinade all over the lamb. Sprinkle raisins over the inside of the lamb and roll up into a log. Tie firmly with kitchen string at 2cm intervals to enclose.
3. Place lamb in a roasting tray and toss pumpkin, eggplant and carrots in the remaining marinade and place around the lamb.
4. Roast lamb in oven for 40 minutes or until it begins to brown, then reduce temperature to 160°C and cook for 20 minutes per kilogram of lamb for medium or until cooked to your liking. Rest for 10-15 minutes, remove string and slice.
5. For quinoa, cook according to packet directions. Place kale on top of quinoa to steam for the last 5 minutes of cooking and replace lid. Stir kale through quinoa. Add olive oil, orange juice and cranberries and stir to combine. Scatter with mint leaves just before serving.
6. Serve with sliced lamb, yoghurt and pomegranate seeds.

TIPS

1. Marinate the lamb overnight for extra flavour and tenderness.
2. Make your own harissa by forming a paste of red chilli and garlic with a splash of vinegar. Keep covered in oil in the fridge.
3. Get your butcher to debone the lamb shoulder for you, then take the bones home and add them to your next soup for flavour.
4. Try couscous instead of quinoa, or wild rice mixed with basmati rice.

SWITCH TO MAKE

Lamb shawarma – leave out harissa and raisins. Add chopped coriander, cayenne pepper, cumin, ground coriander, paprika, cardamom and allspice. Serve in pita bread with salad topped with yoghurt.

TO LEARN HOW TO BONE A LAMB SHOULDER AT HOME VISIT [YouTube.com/TheMainMealIdeas](https://www.youtube.com/TheMainMealIdeas)

