

cSpiced Lamb with Cumin Yoghurt and Winter Roast Vegetables

1 Lean Lamb Leg

Spiced Lamb Mix

2 Teaspoon ground cumin
1 teaspoon ground allspice
1 teaspoon sumac
2 tablespoons ras el hanout
1 teaspoon smoked paprika
1 tablespoon salt

Vegetables

2 red onion sliced diced
2 garlic cloves, cut in half
½ pumpkin
300 grms of new potatoes
100ml Chicken Stock
100g butter
100ml Extra Virgin Olive oil

Cumin Yoghurt

150g Creek Yoghurt
1 small garlic clove, grated or finely diced
1 teaspoon ground cumin
1 tablespoon sumac
Large pinch of salt and freshly ground black pepper
Juice of ½ lemon
2 tablespoons warm water (optional)

Combine the lamb spices and salt. Once combined rub the lamb leg with olive oil. Coat the Lamb with spices. Place lamb in a baking dish with all the vegetables, stock and butter. Heat oven to 220c. Once oven has reached heat place lamb leg and vegetables in the oven for ½ hour and check there after every 10 minutes. Do not forget to baste lamb with jus in the pan.

To make yoghurt: simply combine all ingredients, adjusting the consistency with water if too thick, and chill until required.

Once Lamb is cooked remove from oven and let rest for 20 minutes. Place Lamb on a serving dish with vegetables around Lamb and Cumin Yoghurt on top.