

# Purple Carrot Cook

## RAS EL HANOUT GRILLED LAMB

SERVES 6 / PREPARE 20 MINS / ROAST 15 MINS

### Ingredients

1.6 kg	Butterflied leg of lamb (trimmed of any excess fat)
1 ½ cups	Coriander leaves
1	Lemon grated rind
3 cloves	Garlic, crushed
125 ml	Olive oil
2 teaspoons	Ras el hanout
500 g	Cherry tomatoes
	Sea salt, black pepper
	Olive oil for brushing

### Instructions

Preheat the grill to maximum heat. Prepare a roasting tin to hold the lamb open to roast.

Place the coriander, lemon rind, garlic, olive oil, ras el hanout, salt and pepper in a food processor and process until combined. Rub it over the lamb to coat. First on one side and when you have to turn it over, rub the other side.

Roast the lamb for 5/10 minutes, turn it over and roast the other side for 5 minutes. For medium rare or until roasted to your liking.

Brush the tomatoes with the extra virgin olive oil and sprinkle with salt and pepper.

Slice the lamb, spoon over the remaining marinade and any extra juice from the pan and serve with the roasted tomatoes.

Ras el hanout: it is a spice blend common in North African cooking, and features especially heavily in Moroccan cuisine. A typical Ras el Hanout contains a mixture of: cardamom, clove, cinnamon, coriander, cumin, paprika, mace, nutmeg, peppercorn, turmeric. It is not a spicy spice blend, it rather gives a pungent, warm flavour to the dishes. It's convenient to use in marinades, as a rub, as a seasoning in many dishes like stews and tajines.



### Nutrifacts



**Lamb** contains PROTEIN to help your body heal and grow and it is an excellent source of vitamin B12. It can be quite high in saturated fat, so choose leaner cut and if using fattier ones, eat in moderation.

**Olive oil** is high in heart protective mono unsaturated fat. It also contains a good level of antioxidants including polyphenols and vitamin E.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

**Tomatoes** are high in FIBRE that maintain a healthy digestive system and keeps us fuller for longer, VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and also helps support our immune system, and the carotenoid LUTEIN that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health and lycopene which helps prevent certain cancers.