

# UNLEASH THE FLAVOUR



## ROAST LAMB WITH DUKKAH & BLUEBERRY

### INGREDIENTS

#### Lamb Roast

WILD APPETITE BLUEBERRY & HOROPITO SAUCE 125ML

Salt & freshly ground black pepper

WILD APPETITE DUKKAH SPICE 45ML

Tin Foil

Kumara

WILD APPETITE MERLOT WINE JELLY

Butter

### HOW TO MAKE

Place the lamb in a roasting dish and pour over WILD APPETITE BLUEBERRY & HOROPITO SAUCE *sprinkle with WILD APPETITE DUKKAH SPICE and place into a hot oven or Barbeque for 15 – 20 minutes, this will help to seal the meat.*

*Reduce the heat and allow to roast until done to your liking.*

*Remove from heat and allow the meat to rest before carving.*

*Whilst the lamb is resting pour over extra WILD APPETITE BLUEBERRY & HOROPITO SAUCE or WILD APPETITE MINT & BALSAMIC DRESSING to infuse with the juices.*

#### FOR THE KUMARA

*Wash well, wrap in tin foil, place in the oven or BBQ for one hour, remembering to turn occasionally.*

*Remove foil when done, slice open and top with butter, salt and pepper and WILD APPETITE MERLOT WINE JELLY.*

#### MEAT RESTING PERIOD

*Once cooked, remove meat from heat source and leave to rest for 10 to 15 minutes before carving. The amount of time required for resting varies with the size of the cut of your meat. During this resting time, the meat continues to cook and the juices redistribute.*

*Remember – When you take meat out of the oven it will keep on cooking. If you leave it too long without eating it, it could go from medium to well done, rare to medium etc.*



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