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## Mustard Lamb with Roast Root Veg

Some people say good food is a religious experience; others liken it to an old friend. We think good food is a work of art. With a dish as rich and colourful as this, your inner artist is sure to be satisfied. Grab a bite if you can bear to sully your masterpiece.

 **Prep:** 10 mins  
 **Cook:** 50 mins  
**Total:** 60 mins

 level 1

 lactose free

 gluten free

### Pantry Items



Olive Oil



Wholegrain Mustard



Sweet Potato



Brussels Sprouts



Beetroot



Lamb Mini Roast




Parsley

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2P	4P	Ingredients
200 g	400 g	sweet potato, peeled & cut into 1 cm thick wedges
300 g	600 g	Brussels sprouts, halved
1	2	beetroot, washed & cut into 1 cm thick wedges
1 tbs	2 tbs	olive oil *
1 portion	2 portions	lamb mini roast
1 tbs	2 tbs	wholegrain mustard *
1/3 bunch	2/3 bunch	parsley, finely chopped 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2130	Kj
Protein	53.3	g
Fat, total	20.6	g
-saturated	6.8	g
Carbohydrate	23	g
-sugars	12.7	g
Sodium	466	mg

**Disclaimer:** Some lamb roasts will come with string. Do not remove the string until cooking is complete. Remove string before consumption.



**You will need:** *chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, ovenproof frying pan, aluminium foil and a plate.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **sweet potato**, **Brussels sprouts** and **beetroot** in the **olive oil** and place on the prepared oven tray. Season with **salt** and **pepper**. Cook in the oven for **40-45 minutes** or until the vegetables are tender and golden.



**3** Meanwhile, heat an ovenproof frying pan over a medium-high heat. Season the **lamb mini roast** with salt and pepper and then add the lamb fat side down and sear for **2 minutes** on each side to seal in all of the juices.

**4** Rub the **wholegrain mustard** all over the lamb with the back of a spoon. Place the pan in the oven for the last **25-30 minutes** of the vegetable cooking time. Remove the lamb and the vegetables from the oven. Cover the vegetables with foil and set aside the lamb on a plate. Cover with foil and rest for **10 minutes** before slicing.

**Tip:** Resting the lamb is an important part of the cooking process to ensure the meat is tender. Do not skip this step.

**5** To serve, divide the vegetables and lamb between plates and garnish with the **parsley**.



**Did you know?** Beetroot leaves are also edible. They are often served steamed which gives them a texture similar to spinach.