

## **Tandoori Lamb with Roasted Carrot & Chickpea Salad**

Tandoori and yoghurt infused lamb leg steaks are the centrepiece of a sumptuous supper in vibrant orange and green. Roasting the chickpeas and carrots transforms their flavour, and retains all the goodness inside to boot. This dish couldn't be simpler, but is jam packed with unique flavour.



Prep: 15 mins
Cook: 35 mins
Total: 50 mins





high fibre



high protein

## **Pantry Items**



Olive Oil



Tandoori Paste



Greek Yoghurt



Lamb Leg



Carrot



Chickpeas



Cumii



Baby Spinach



Mint

2P	4P	Ingredients	
1 tbs	2 tbs	tandoori paste	
1 tub	2 tubs	Greek yoghurt	
2 steaks	4 steaks	lamb leg	
1 tin	2 tins	chickpeas, rinsed & drained	
2	4	carrots, peeled & cut into 2 cm thick rounds	
1 tbs	2 tbs	olive oil *	
1 tsp	2 tsp	cumin	
1 bag	2 bags	baby spinach, washed	
1 bunch	2 bunches	mint, finely chopped	

<b>#</b>	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

## **Nutrition per serve**

Energy	2100	Kj
Protein	44	g
Fat, total	22.5	g
-saturated	7.3	g
Carbohydrate	24.9	g
-sugars	11.8	g
Sodium	565	mg



You will need: chef's knife, chopping board, vegetable peeler, colander, two medium bowls, baking paper lined oven tray, paper towel, aluminium foil, medium frying pan, tongs, plate and a small bowl.

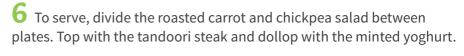
- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Combine the **tandoori paste** and half of the **Greek yoghurt** in a medium bowl. Add the **lamb leg steaks** and coat well in the tandoori marinade. Set aside.



3 Place the chickpeas on the lined oven tray and dab with the paper towel to remove excess moisture. Add the carrot to the tray and toss the carrot and chickpeas in the olive oil and cumin. Season with salt and pepper and cook in the oven for 35 minutes or until the carrot is tender. Place the baby spinach in a medium bowl and pour the hot carrot and chickpeas directly over the baby spinach and toss well.



- 4 Meanwhile, heat a lightly greased medium frying pan over a medium-high heat. Add the lamb leg steaks and cook for **2 minutes** on each side, for medium rare or until cooked to your liking. Transfer to a plate, cover with foil and rest for **3 minutes**.
- 5 In a small bowl combine the remaining Greek yoghurt and mint. Season to taste with salt and pepper.





**Did you know?** Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.