

SIX HOUR LAMB SALAD

INGREDIENTS

- 2 teaspoons celery salt
- 2 teaspoons ground coriander
- 1½ teaspoons ground cumin
- 1 lamb shoulder (about 1.5kg)
- 1 bunch baby beetroot, stems and leaves discarded
- freshly ground black pepper, to taste
- 600g butternut pumpkin, cut into 2cm pieces
- 1 tablespoon canola oil
- 1 punnet cherry tomatoes, cut into halves
- 2 teaspoons dried thyme
- 1 large handful baby rocket
- 1 medium red onion, finely sliced
- ½ cup shelled pistachios
- 100ml extra virgin olive oil
- ¼ cup good quality balsamic vinegar

METHOD

1. In a large bowl, mix the celery salt, coriander and cumin together. Add lamb and rub the spiced salt all over the lamb. Cover with plastic film and refrigerate for 4-12 hours.
2. Preheat the oven to 180 degrees Celsius. Wrap each beetroot in foil, seasoning with pepper before sealing, and place in roasting dish. In a separate roasting dish, coat the pumpkin pieces in the oil, roast pumpkin and beetroot for 40 minutes.
3. Halfway through the cooking time, place the tomatoes in a separate small roasting dish, sprinkle over the thyme and roast for 20 minutes.
4. When the beetroot is cool enough to handle, rub the skins off with your fingers – plastic disposable gloves are a good idea if you don't want to have purple hands for days. Chop the peeled beetroot into small wedges.
5. Bring the meat to room temperature by removing from the fridge half an hour before cooking. Place the lamb on a rack in the baking dish of your barbeque. Fill the dish with 2 cups of water and cover the whole lot loosely with foil. Cook for 5-6 hours with the barbeque hood closed, making sure the hat is surrounding the meat on both sides, but is not directly underneath. Do not let the dish dry out, check now and then to see if the water needs topping up. Remove the foil for the last hour of cooking.
6. Once cooked, remove the lamb from the barbeque and set aside to rest, loosely covered with foil, for 20 minutes while you assemble the salad.
7. Arrange the rocket in a large serving dish and top with the roasted pumpkin, beetroot and the onion. Roughly shred the lamb with two forks and add to the salad, then scatter over the roasted tomatoes and pistachios. Mix the olive oil and balsamic vinegar together, season with pepper and pour over the salad. Serve immediately.

	Per Serving	Per 100g
Energy	2010kJ	527kJ
Protein	42g	11g
Fat – Total	29g	8g
- Saturated	8g	2g
Carbohydrate - Total	12g	3g
- Sugars	9g	2g
Sodium	825mg	216mg



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