

Miele

Roast lamb with baby spinach and beetroot salad

By Miele

45 minutes

Preparation time

50 minutes, plus resting time

Cooking time

6 serves

Serves



INGREDIENTS

Roast lamb

1 butterflied lamb leg, cut in half
5 small garlic cloves, crushed
¼ bunch oregano, picked and finely chopped
½ bunch thyme, picked and finely chopped
1 lemon, zested
Salt and cracked black pepper, to taste
1-2 tbsp olive oil
150 g butter, cubed

Pickled onion

1 small red onion, thinly sliced
2 tbsp red wine vinegar
½ tsp salt

Salad dressing

1 garlic glove, crushed
½ lemon, juiced
2 tbsp pomegranate molasses
5 tbsp extra virgin olive oil
Salt and pepper, to taste

Miele accessories

Gourmet oven dish
Universal tray
Perforated steam container

Baby spinach and beetroot salad

12 baby beetroot, whole, trimmed and peeled
2 tbsp olive oil
2 tbsp honey
1 tsp ground cumin
Salt and pepper, to taste
200 g green beans, washed and trimmed
100 g baby spinach
150 g feta
? cup mint leaves, washed
? cup coriander leaves, washed

METHOD

Roast lamb

1. Cover both lamb pieces with a sheet of cling wrap and beat with a meat mallet to flatten slightly.
2. Lay the lamb cut side up and rub in the garlic, oregano, half the thyme, lemon zest, salt and pepper, distributing evenly.
3. Roll each piece up as tightly as possible and truss with kitchen twine. Refrigerate for a minimum of 20 minutes until firm.
4. Remove the lamb from the fridge at least 20-30 minutes before roasting to bring to room temperature.
5. Preheat the oven on Moisture Plus at 180°C on Fan Plus with 2 manual bursts of steam.
6. Preheat an induction suitable gourmet oven dish on medium-high heat, induction setting 7.
7. Drizzle the lamb pieces with olive oil, place in the gourmet oven dish and sear on all sides until browned.
8. Add the butter and remaining thyme to the oven dish and baste each piece thoroughly. Insert the food probe into the centre of one piece of lamb (if unequal in size, insert into the larger piece).
9. Place the lamb in the oven on shelf position 4, set the core temperature at 49°C, releasing a burst of steam immediately and the second burst of steam at 10 minutes.
10. Remove the lamb from the oven and cover. Rest for a minimum of 30 minutes before carving.

Baby spinach and beetroot salad

1. Place the beetroot on a universal tray.
2. Place oil, honey, cumin, salt and pepper in a small bowl and whisk to combine. Drizzle over the beetroot.
3. Place the beetroot into the oven on shelf position 2, along with the lamb and cook for 30-40 minutes, or until tender.
4. Place the green beans into a perforated steam container. Place into the steam oven and Steam at 100°C for 2 minutes.
5. Once the beetroot is cooked, remove from the oven and cool for 5-10 minutes.

Pickled onion

1. In a small bowl, combine the onion, vinegar and salt. Set aside for at least 10 minutes to pickle before draining the liquid. Set aside.

Salad dressing

1. Add all ingredients into a sealed jar and shake vigorously to combine.

To serve

1. In a large bowl, add the spinach, feta, mint, coriander, roasted beetroot, pickled onion and green beans. Add half of the salad dressing and toss to combine.
2. Place salad on a large platter and top with sliced lamb. Finish by drizzling with the remaining salad dressing.

Hints and tips

- If you do not have a steam oven, simply blanch green beans for 1-2 minutes.