A top-down view of a white plate. On the left is a long, rectangular piece of lamb shoulder, dark brown and covered in spices, garnished with pink and yellow rose petals. To the right is a pile of fresh green arugula. In the foreground is a small, round, light-colored bowl containing a creamy white yogurt-based dressing, topped with sliced cucumbers, fresh mint leaves, and a sprinkle of red spices. A few large green leaves are scattered around the bowl.

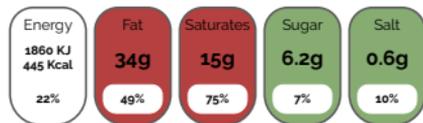
Spice perfumed whole
shoulder of lamb

WAYS  WELL

Spice perfumed whole shoulder of lamb

Serves 4

Per Average Serving



Adults need around 8,400kJ/2000Kcal a day
Typical values per 100g: Energy 606kJ/145Kcal

INGREDIENTS:

1kg lamb shoulder, bone in
1 tbsp rapeseed oil
2 tsp ground cumin
4 tsp sumac
1 tsp ground cinnamon
1 tsp dried rose petals
½ tsp salt

Cacik (Turkish cucumber
yoghurt)
2 garlic cloves, minced
10g dill, leaves chopped
10g mint, leaves chopped
½ lemon, zested, juiced
½ cucumber, grated, water
squeezed out
250g half fat Greek yoghurt
1 pinch salt

Roka salatasi (rocket &
spinach salad)
20g butter
1 tsp rapeseed oil
140g spinach, washed, well
drained
140g rocket, washed, well
drained
1 red chilli, finely sliced
½ lemon, zested, juiced
Freshly ground black pepper
to taste

METHOD:

1. To make the cacik; combine all the ingredients together and chill until ready to use.
2. Preheat the oven to 140°C. Place the lamb into a roasting tray. Combine all the spices together and grind to a fine powder in a pestle and mortar. Drizzle the lamb with the oil, season with the salt and rub the spice mix in.
3. Roast the lamb in the oven for approx. 4 hours or until the lamb is tender enough to be pulled.
4. To make the roka salatasi; melt the butter in suitable size pan. Add the oil and spinach and cook for 30 secs. Add the rocket and cook for a further 30 secs. Season with the chillies, pepper, lemon zest and juice. Remove from the heat and serve.
5. To serve; shred the lamb and serve with the cacik and roka salatasi.