

# *sticky* **LAMB SHOULDER** **WITH A QUINOA SALAD**

Giant. Slab. Of. Meat. This is a whole leg and shoulder of lamb. Not so much saucy, more sticky, salty, and sweet. Get your butcher to leave as much bone in as possible. Could work really well on a spit or in of those amazing outdoor pizza ovens. This one is served with a white quinoa herb and nut salad.

## INGREDIENTS - PART 1 LAMB

1 whole lamb leg and shoulder  
Pomegranate molasses  
Light soy sauce  
Bay leaves  
Black peppercorns

## INGREDIENTS - PART 2 SALAD

2 Cups white quinoa  
Almonds  
Parsley  
Mint  
Lemon juice  
White wine vinegar  
Olive oil  
Pomegranate seeds

Take the lamb out of the fridge before preparing. Allow to come to room temperature, then gently massage the with olive oil and a generous amount of black pepper and salt.

Combine 4 Tblsp of pomegranate molasses with 4 Tblsp of soy sauce. Add 2 tblsp spoons of brown sugar and combine well. Again, massage the meat with this mix and pour the left over amount around the meat in the baking tray. Top up with  $\frac{3}{4}$  cup of water, drop a few sprigs of rosemary and 6 cloves of garlic into the liquid, and put into the oven at 150C.

Cook the quinoa according to packet method, and set aside.

Add two tablespoons of white wine vinegar and half a tablespoon of pomegranate molasses to half a cup of extra virgin olive oil. Squeeze in the juice of half a lemon and a good pinch of sea salt and a couple of turns of freshly cracked pepper. Set aside.

Prepare the rest of the salad by chopping the almonds, roughly chopping the herbs and removing the pomegranate seeds. Combine everything well before serving with the lamb.