

# LAMB COOKING GUIDE



# LAMB CARVERY

1. Preheat your oven to 200°C.
2. Cut open the bag and pour the entire contents into a baking tray.
3. Remove the lamb carvery from the tray and place it onto a chopping board.
4. Cut away the netting from the meat, then discard it.
5. Place the carvery back into the tray and generously season with olive oil, salt, pepper, and your preferred herbs and spices.
6. Bake in the oven for approximately 40 minutes, or until the carvery is golden on the outside and heated through.

**Serving Suggestion:** Pair with roasted garlic potatoes, sautéed green beans, and a rich red wine jus for a truly elegant feast.

# LAMB SHOULDER

1. Preheat your oven to 220°C.
2. Cut open the bag and empty the contents into a baking tray.
3. Season with salt, pepper, or your favourite lamb seasoning.
4. Bake for approximately 30-40 minutes, until crispy, golden, and heated through.

**Serving Suggestion:**

Serve with creamy mashed potatoes, honey-glazed carrots, and a mint-infused gravy to highlight the lamb's rich flavours.



# ITALIANO STYLE LAMB SHANKS

1. Preheat your oven to 220°C.
2. Cut open the bag and empty the contents into a small baking tray.
3. Season with salt and pepper to taste.
4. Bake the lamb shanks for approximately 15-20 minutes, or until heated throughout.
5. Remove the lamb shanks from the tray and keep warm.
6. Add a splash of red wine and a tablespoon of butter to the remaining sauce in the tray, then reduce until thickened.
7. Pour the rich sauce over the shanks before serving.

**Serving Suggestion:** Serve with creamy polenta or mashed potato, and a side of sautéed spinach for an Italian-inspired feast.



# ITALIANO STYLE LAMB SHANKS CONT.

## *Alternate cooking instructions:*

1. Preheat your oven to 220°C.
2. Cut open the bag and empty the contents into a small baking tray.
3. Season with salt and pepper to taste.
4. Bake the lamb shanks for approximately 15-20 minutes, or until the meat is tender and heated through.
5. Meanwhile, bring a large pot of salted water to a boil. Cook the pappardelle pasta according to package instructions until al dente. Drain and return to the pot.
6. Remove the lamb shanks from the tray and keep warm.
7. Add a splash of red wine and a tablespoon of butter to the remaining sauce in the tray. Reduce the sauce over medium heat until it thickens.
8. Pull the lamb meat off the bone, discarding the bones, and mix the meat with the thickened sauce.
9. Toss the cooked pappardelle through with the thickened sauce and pulled lamb for a quick Italian inspired pasta.

**Serving Suggestion:** Serve with a sprinkle of Parmesan cheese and chilli. Pair with a side of garlic bread and a simple green salad for a delicious Italian-inspired meal.



# LAMB SHANKS

1. Preheat your oven to 220°C.
2. Cut open the bag and empty the contents into a small baking tray.
3. Add your favourite lamb shank seasoning or sauce.
4. Bake the lamb shanks for approximately 15–20 minutes, or until soft and tender.

Serving Suggestion: Serve with garlic mashed potatoes, roasted root vegetables, and a generous drizzle of the cooking sauce for a comforting, hearty meal.

# DICED LAMB

1. Add the contents of the bag to your favourite sauce base, such as a curry or stew.
2. Simmer for approximately 25 minutes, or until the diced meat is heated throughout.

Serving Suggestion: Serve with steamed rice or fluffy couscous, accompanied by warm naan bread or crusty bread rolls to soak up the rich sauce.



# LAMB RIBS

## To Prep:

1. Cut open the bag and place the ribs onto a baking tray.
2. Remove any excess cook-out (jelly) from the ribs and sprinkle with your favourite spice rub or seasoning.

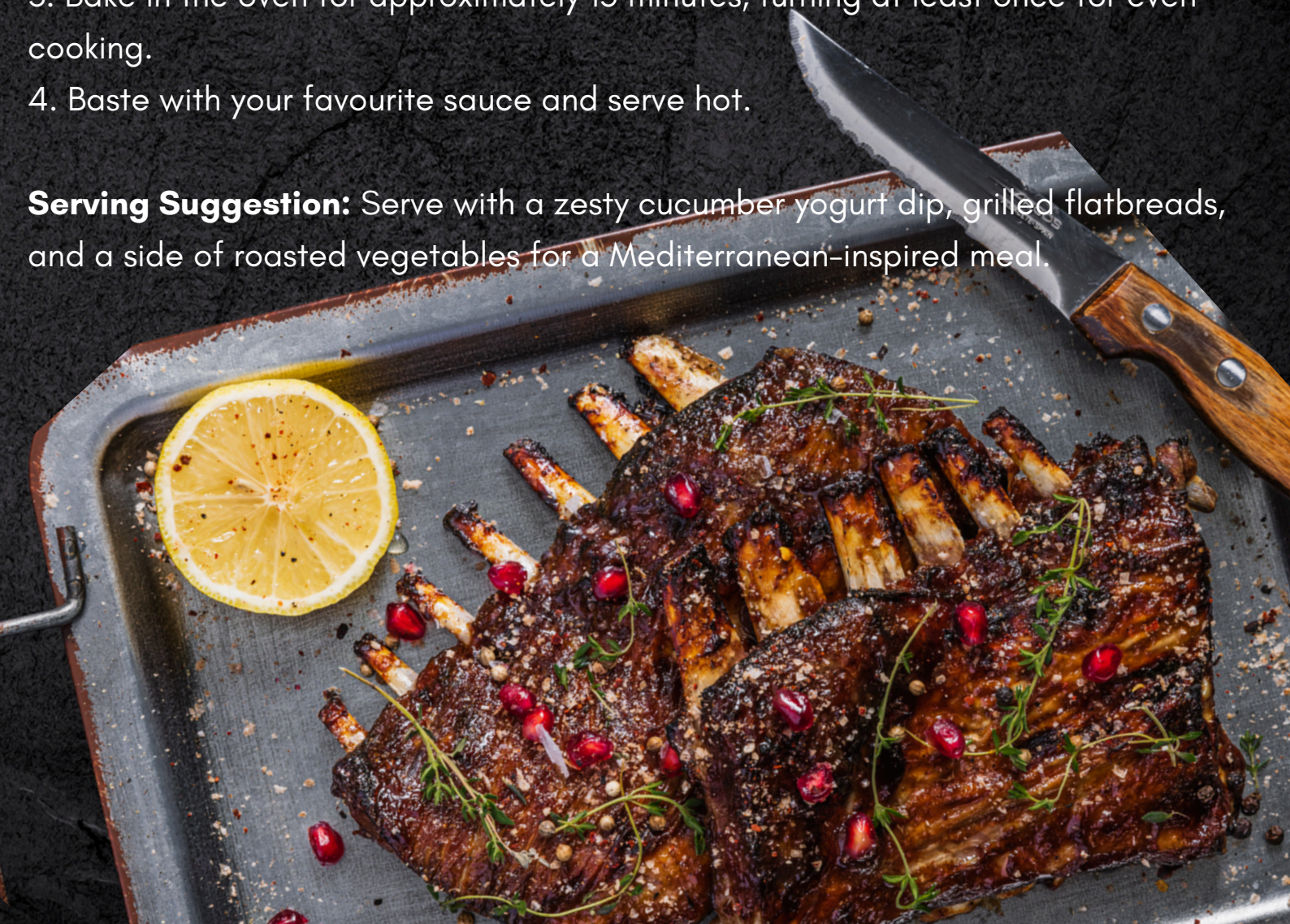
## On the BBQ:

1. Heat the BBQ as hot as possible.
2. Place the prepared ribs on the grill, turning every 3-5 minutes until they are caramelised on both sides.
3. Remove from the BBQ and baste with your favourite sauce before serving.

## In the Oven:

1. Preheat the oven to 220°C.
2. Place the prepared ribs onto a baking tray.
3. Bake in the oven for approximately 15 minutes, turning at least once for even cooking.
4. Baste with your favourite sauce and serve hot.

**Serving Suggestion:** Serve with a zesty cucumber yogurt dip, grilled flatbreads, and a side of roasted vegetables for a Mediterranean-inspired meal.



# LAMB RUMP

1. Preheat your oven to 220°C.
2. Cut open the bag and place the lamb rumps onto a chopping board.
3. Pat the lamb rumps dry with paper towels to remove excess moisture.
4. Season generously with olive oil, salt, pepper, and your preferred herbs or spices.
5. Place the lamb rumps onto a small baking dish.
6. Roast in the oven for approximately 20 minutes per kilo, or until heated throughout.

**Serving Suggestion:** Slice the lamb rump and serve with roasted vegetables and a side of creamy mashed potatoes for a hearty meal.

# PULLED LAMB

1. Preheat your oven to 220°C.
2. Cut open the bag and pour all the contents into a baking tray, including the juices.
3. Season well with your favourite spice rub or sauce.
4. Place the tray in the oven for approximately 15-20 minutes turning at the half way mark.
5. Once the lamb is heated through, gently pull apart the meat with two forks, mixing it with the juices.

**Serving Suggestion:** Perfect for stuffing into warm gyros or pitas, topped with tzatziki, fresh cucumber, red onion, and crumbled feta for a delicious Mediterranean-inspired meal.

