

**OVERALL time: 100 mins**

## LEG OF LAMB WITH AIR FRYER POTATOES

Want to have the easiest Christmas lunch ever? Let your appliances do the work for you! A leg of lamb packed with herby Mediterranean flavour goes onto the Weber, where you can ignore it while it does its own thing. As for the potatoes? Get perfectly crisp, fluffy roast potatoes in under twenty minutes thanks to your microwave and air fryer! We show you how.

Metric

**Number of servings : 4**

### ingredients

#### For the herbed leg of lamb

- 2 kg deboned leg of lamb
- 3 cloves garlic, peeled & cut
- 4-6 anchovies (optional)
- 1 Tbsp extra virgin olive oil
- **Cape Herb and Spice Mediterranean Style Roasts Rub**

#### For the roast potato wedges

- 6 medium medium potatoes, unpeeled
- 3 Tbsp extra virgin olive oil
- **Cape Herb and Spice Extra Bold Black Pepper**

### THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 70 mins**

*To make the leg of lamb:* If the leg of lamb has been tied up with string, undo it. Very generously sprinkle the meat with our **Mediterranean Roasts Rub**, then use plain string to tie the leg up again. Use a sharp, thin knife to stab tiny pockets in the lamb. Insert slivers of garlic and bits of anchovy (if using) into these cuts. Paint the lamb with olive oil and generously sprinkle the fatty outside of the leg with our rub as well.

Braai the leg on a Weber using the indirect cooking method – i.e. with the coals in two baskets on

either side of the meat. Place an aluminium tray between the two baskets to catch any cooking juices which you can serve with the lamb. The only way to know what's going on inside a large roast is to insert a meat thermometer into the meat. For medium lamb that's perfectly pink, the internal temperature should be 60 degrees Celsius. Do remember to allow the lamb to rest for a good few minutes before you carve.

#### To make the roast potato wedges:

Wash and dry the potatoes. Use a fork to stab holes on both sides of the potatoes. Place the potatoes on a large plate and into the microwave they go. Cook on high heat for two minutes. Then turn the potatoes over and cook on high heat for a further two minutes. Repeat this process twice more for a total microwave cooking time of eight minutes. Allow the potatoes to cool slightly so they're comfortable to handle.

Slice each potato into 6-8 wedges lengthwise. Use a pastry brush to coat potatoes all over with olive oil, then give them a generous grinding of **Cape Herb & Spice black pepper and sea salt**. Pack the wedges in your air fryer in neat rows. They won't all fit in one layer, but the idea is to pack them in such a way that there is maximum airflow around the potatoes. So use the bottom layer as a 'trivet' for the second layer - if your bottom layer was horizontal rows, your second layer should be placed vertically on the first layer. Cook at 200 degrees Celsius for 8-10 minutes until the potatoes are crispy and golden. Roast potatoes don't enjoy standing around, so serve these straight away.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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