



5 Spice Lamb Roast with Noodle Salad

Serves 4

Preparation time: 10 minutes

Cooking time: 25 minutes

- 2 x 350g mini lamb roasts (or try a butterflied leg of lamb)
- 1 tbsp vegetable or sesame oil
- 1 tbsp '5 spice' powder
- 300g 'shelf fresh' egg noodles
- 2 carrots, peeled and cut into thin batons and blanched
- 4 green onions, finely sliced
- 2 Lebanese cucumbers, seeded and cut into thin batons
- 2 limes, juiced
- 1/3 cup (80ml) soy sauce
- 2 tbsp caster sugar
- 1/2 bunch fresh coriander (optional)

Method

Preheat the barbecue. Rub the mini roasts with the oil and brown all over. Sprinkle with the 5 spice powder and put the lid on the barbecue. Cook on medium heat for 20 minutes or until cooked to your liking. Place on a plate, cover loosely with foil and rest for 5 minutes.

While the lamb is cooking, cook the noodles according to the directions on the packet. Drain and rinse with cold water. Toss together with the carrot, green onion and cucumber. Whisk together the lime juice, soy sauce and caster sugar. Toss with the noodle mixture and coriander.

Thinly slice the lamb and serve with the noodle salad.

Cooks tip:

You can also cook the mini roasts in the oven. Just brown in a frying pan and bake at 200°C for 20 minutes or until cooked to your liking.