



*Simply heat and eat*  
**Delicious Family Roasts**



## MIDDLE EASTERN FEAST

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### What's Included

Roasted Middle Eastern Lamb shoulder  
Gravy  
Chermoula pesto  
Roast vegetables  
Flatbread  
Hummus

Grain salad  
Tahini dressing  
Almond dukkah  
Pomegranate  
Persian Bundt cake

### Method

#### Roast Lamb Shoulder

- For best results, defrost the lamb before cooking (overnight in the fridge)
- Heat oven to 180c
- Place the lamb in a roasting tray and cover with foil
- Heat the lamb in the oven for around 40 minutes or until thoroughly hot
- Pull lamb apart and dress with chermoula pesto and some pomegranate pearls

#### Gravy

- Simmer water in a pot and place the sealed bag of gravy in
- Simmer the gravy for 10 minutes to heat through
- Alternatively, transfer the contents of the bag to a saucepan and heat the gravy gently until hot

#### Roasted vegetables

- Heat the oven to 200c
- Remove the lid from the vegetables and place in the oven for around 25-30 mins or until the vegetables are nicely browned

#### Grain Salad

- Pour grain salad into a bowl
- Add tahini dressing and toss through
- Top with pomegranate and almond dukkah

#### Flatbread

- Toast on dry pan until warm or heat in microwave

#### Persian Honey Cake

- Ready to serve
- Delicious with a dollop of cream



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