

LAMB WRAP

with grilled mango



Wrap filled with boneless leg of lamb grilled on the barbeque thinly sliced, layered with grilled mango, fresh slaw made with papaya, red cabbage, cucumber and fresh coriander and ginger and soya dressing.

Ingredients

Lamb

- 1 kg boneless leg of lamb
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ¼ cup soya sauce
- 1 tablespoon fresh ginger grated
- 2 teaspoons salt
- 1 teaspoon black pepper, coarsely cracked
- ¼ cup Spicy mayonnaise
- 3 mangoes, cheeks sliced off and diced
- 2 lemons, quartered

Dressing

- 1/3 cup fresh lime/lemon juice
- 1 teaspoon Lime/lemon zest
- 2 tablespoons Rice vinegar
- 1/3 cup Peanut oil
- ¼ cup Soya sauce
- 1 tablespoon Hoisin sauce
- 2 tablespoons Radish, finely grated
- 2 teaspoons Fresh ginger, grated
- 1 teaspoon Sriracha chili sauce
- 6-8 Wraps (Roti/tortilla or any other flatbread of your choice)

Prepare the lamb:

1. Trim the lamb of excess fat. Prepare the lamb by cutting through the middle to butterfly the roast, but do not slit completely. Any thick pieces can be butterflied to acquire an even thickness for the roast. This is to let the lamb lie flat on the grill and shorten the cooking time.
2. Rub the lamb with olive oil mixed with the garlic, soya sauce and ginger. Season with salt and pepper. It is optional to do this ahead of time and leave the lamb in the refrigerator for 24 hours. Bring the meat to room temperature prior to cooking.
3. Prepare a braai with hot coals. Brush the grid with oil to prevent the lamb from sticking. Grill on both sides until an internal temperature of 50°C for rare meat or until preferred doneness. This will take 40 minutes to an hour depending on the thickness of the meat and how hot the grill is.
4. Remove the lamb to a cutting board, cover with foil and allow to rest for 20 minutes. Slice thinly and serve as the filling of the wraps with the slaw and lemon wedges.

Prepare the slaw:

5. Make the dressing by placing the lime juice, zest, vinegar, oil, soya sauce, hoisin sauce, radish, ginger and sriracha sauce in a tall container and blend with a stick blender until amalgamated. Set it aside.
6. Place the papaya in a large bowl and add the watercress, cucumber, red onion red and green cabbage, coriander, peanuts and edible flowers. Mix lightly and dress the slaw with some of the dressing and serve the rest of the dressing on the side.

Prepare the dish to serve:

7. Warm the wraps in a pan. Arrange onto plates and fill with spicy mayonnaise, thinly sliced lamb, slaw and some dressing and a squeeze of lemon juice and thinly slice spring onion if desired. Roll up to secure the filling and cut in half for easier eating. Alternatively place everything in the middle of the table and let guests build their own wraps.

Slaw

- 3 cups Papaya, peeled, halved, seeded and thinly sliced
- 1 cup Watercress, roughly chopped
- ½ cucumber Cucumber, deseeded and julienned
- ¼ cup Red onion, small diced
- 2 cups Red cabbage, thinly shredded
- 1 cup Green cabbage, thinly shredded
- 1 cup Fresh coriander, roughly chopped
- ½ cup Dry roasted peanuts, roughly chopped
- ½ cup Edible flowers



