

INGREDIENTS

LAMB RUMP

1 x lamb rump cap

1 tsp garlic powder

1 tsp onion powder

1 tsp umami powder

Salt and pepper to taste

1 tbsp oil

INSTRUCTIONS

LAMB RUMP

1) Preheat air fryer.

2) Dust over spices and season, drizzle with oil.

3) Roast for 8-15 minutes, depending on size and power of fryer.

4) Remove, rest, check internal temp to 56 degrees.

6) Slice to serve with yams and potatoes.



Roasted Lamb Rump with Chimichurri



2 servings



20 Minutes

Tender, juicy lamb
rump that's
guaranteed to
impress your guests!

INGREDIENTS

1 x bunch fresh oregano

1x cup parsley

4 tablespoons olive oil

1 x tablespoon vinegar

Salt to taste

INSTRUCTIONS

1) Blend together with a mixer

2) Serve with the lamb rump

Chimichurri Sauce

