

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

