

Rosemary Leg of Lamb Roast

nut-free dairy-free soy-free gluten-free

Preparation time: 10 minutes | **Cooking time:** 1½ hours | **Serves:** 5

Ingredients

- 900g - 1kg size of deboned* leg lamb (preferably grass fed and organic)
- 2 large garlic cloves crushed (or 3 Tbsp mince garlic)
- 4 Tbsp of fresh/dried rosemary leaves
- 4 Tbsp of plain flour (use potato flour if gluten-free is required)
- 2 tsp of sea salt
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp dried oregano
- ½ tsp dried mint leaves
- A few shakes/grinds of black or white pepper
- Olive oil for basting



Preparation

1. If not already done for you, tie bakers twine (safe for cooking) around the middle and both ends of the leg of lamb to hold it together tightly. Set aside in a marinating dish*.
2. In a separate small bowl, mix all the rest of the ingredients, except for the oil.
3. Brush the lamb with oil. Then with clean hands press the herb mix all over the lamb.
4. Let the lamb marinate for at least 30 minutes or for best results overnight in the fridge.
5. Preheat the oven to 180°C degrees. Line a roasting rack with foil and place it over a baking dish to catch any drippings (you can line the baking dish with foil too, for easier cleaning).
6. Place the lamb onto the roasting rack and bake (use the lowest shelf) for 1½ hours.
7. Remove from oven and let it rest for 10 minutes on a cooling rack, before slicing and serving.
8. Serve your roast with roasted mix vegetables (these can be added to the last 30-40 minutes of cooking (place this tray on the top shelf, and leave roast on the bottom shelf).

Hints

*Deboning: Ask your butcher to do this for you and to tie your lamb in bakers string ready for seasoning. If your leg of lamb includes the bone, cover any bone sticking out with foil before roasting, and do realise that there'll be less meat per serve and you may need to reduce the cooking time slightly.

*Marinating dish: you can use any plastic container or disposable roasting pan that's just large enough for the lamb to sit in.

*Hold fresh rosemary stalk at the top & with the other hand firmly rub fingers down the stalk to pull off leaves quickly.