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Traditional Lamb Roast with vegies

- * Serves: 6
- * Preparation time: 10 minutes
- * Cooking time: 60 minutes

Ingredients

- 1 kg leg of lamb, trimmed
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- grated rind and juice 1 lemon and 1 orange
- 2 tbsp rosemary leaves
- potato and sweet potato, cut into chunks
- 10 Brussels sprouts, shredded
- 1 cup frozen peas
- 3 sprigs mint, leaves shredded



Method

Marinate lamb with oil, garlic, rind, juices and rosemary. Preheat oven to 180°C.

Drain lamb from marinade, place in roasting dish. Reserve marinade. Roast for 50 mins for rare, 60 mins for medium, or 70 mins for well done.

Baste twice with marinade during cooking. Add potato and sweet potato to the roasting dish in the last 30 mins cooking time (brush lightly with oil).

Remove lamb, cover and rest it for 15 mins. Cook sprouts in a non-stick frypan until just soft, add peas and mint, cook 1 min more. Serve lamb sliced, drizzled with pan juices and vegetables.

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