

Sustainable Menu

PREP TIME 25 MIN | COOK TIME 50 MIN | SERVES 10

ROAST EASY CARVE LAMB LEG WITH FRAGRANT RICE AND GREEN SALAD

Method

1. Pre heat oven to 160 ° C. Season lamb leg all over. Scatter the lemon and unpeeled garlic cloves in a large roasting pan. Place lamb on top.
2. Marinade: Place oil, parsley, anchovies, oregano, garlic and lemon juice in a bowl. Stir well to combine. Season to taste.
3. Score the top of the lamb leg. Massage marinade into the leg of lamb.
4. Transfer lamb to combi oven, roast to an internal doneness of 56 ° C. Transfer lamb to a large tray, cover with loosely with foil to rest. Carve into 140g portions.
5. Serve with fragrant rice and green salad.

INGREDIENT LIST

Lamb

- 1 x 2.5kg easy carve lamb legs, bone in

Other ingredients

- 20g garlic, unpeeled, cloves separated
- 40g lemons, cut into quarters

Marinade

- 75mls olive oil
- 100g flat leaf parsley, chopped, extra leaves to serve
- 10g anchovy fillets in oil, drained, mashed
- 5g dried oregano
- 15g garlic, crushed
- 30mls lemon juice
- Sea salt, cracked black pepper

Serving Suggestions

- Fragrant rice, green salad and lemon wedges

