



# Roast lamb

Prep: 30 minutes • Cook: 1 hour 30 minutes • Serves: 4



## Ingredients

1.5kg boneless leg of lamb (95g of cooked lamb per person)  
Small bunch of rosemary, in small sprigs, divided into 2 halves  
1 clove garlic, peeled and sliced  
1 onion, sliced  
4 medium potatoes (approx. 500g), peeled and cut into four  
2 tablespoons olive oil  
250g swede, peeled and chopped into chunks  
40g unsalted butter  
250g spring greens, shredded or 250g carrots peeled and chopped  
Cracked black pepper

## To serve

15g plain flour  
25ml low-salt lamb stock  
Mint sauce

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **30g**  
Low protein ✗  
Low salt ✓  
Cost per portion (June 2022) **£6.44**  
Energy in kcals **506**

- 1** Pre-heat the oven to 200°C/180°C fan/ gas mark 6. Make incisions into the lamb at an angle to a depth of about 5cm. Stuff one half of the rosemary sprigs and all the slices of garlic into the incisions. Put onion slices into the bottom of the roasting tin and sit the lamb on top. Season with black pepper and rub over a little of the olive oil. Place in the oven for 20 minutes, then lower the oven to 180°C/160°C fan/ gas mark 4, and cook for another 20 minutes per 500g (for a 1.5kg joint – 1 hour), depending on how you like your meat cooked.
- 2** Put the potatoes into a pan of cold water and bring it to the boil. Cook until soft, then drain in a colander. Shake the potatoes to rough the edges up a little. Cover with a tea towel to trap any remaining steam.
- 3** Heat another roasting tin with olive oil in the oven for 5 minutes, then remove and add the par-boiled potatoes, turning them to coat in oil. Add the remaining rosemary and return to the oven for 45 minutes.
- 4** Add the swede to a saucepan of cold water and boil until soft, then drain and return the swede to the pan. Add the unsalted butter and black pepper to taste and mash, then keep warm until serving. 10 minutes before serving, add the shredded spring greens or chopped carrots to a saucepan of water and boil until cooked. Once cooked through, drain and discard the water.
- 5** Remove the lamb from the oven, take out of the roasting tray and drain any juices back into the tray. Set the lamb to one side and allow to rest for 15 minutes. Put the roasting tray over a low heat on the hob and stir in the flour. Cook until the juices have absorbed. Add the stock slowly, stirring until it thickens to make the gravy. Strain.
- 6** Serve your lamb, potatoes and vegetables on warm plates, pour the gravy over the top and serve with the mint sauce.