

## Roasted Lamb Recipe

Meal time: Dinner  
Meal course: Main  
Meal type: Meat

Difficulty: Medium  
Servings: 8  
Total time: 1 hour 50 minutes (Prep Time: 20 minutes, Cook Time: 1 hour 30 minutes)

### Ingredients

2 tsp olive oil  
4 tsp garlic paste  
1 tbsp Dijon mustard  
1 (2.25 to 2.75kg) leg of lamb  
2 tsp of dried thyme  
Salt, to taste  
1 tbsp dried rosemary  
3 tsp finely ground pepper

### Nutrition Facts

	Amount per serving
Calories	490
Total Fat	23.9g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	895mg
Total Carbohydrate	4.3g
Dietary fiber	0.6g
Total Sugars	0g
Protein	56.6g
Vitamin D	0mcg
Calcium	18mg
Iron	1mg
Potassium	24mg

### Method

1. Set the oven temperature up to 177°C and preheat it. Use aluminum foil to line a roasting pan.
2. Dry the lamb with paper towels. Make little cuts all over the lamb's top side with a sharp knife.
3. Combine the garlic, olive oil, Dijon, thyme, rosemary, pepper, and salt in a small bowl.
4. Put the lamb on the pan with aluminum foil on top. Apply the seasoning evenly on the lamb, thoroughly rubbing it into the cuts.
5. Place in oven, roast until the internal temperature reaches 55°C, or depending on your preference longer if needed. This should take around 1 hour 30 minutes.
6. Add your favorite veggies to the pan after 50 minutes of roasting so you can serve sides with the meat. Toss in the oil to coat. Add salt and pepper to taste. Cook until the vegetables are soft and golden, about 40 minutes.
7. Serve the lamb with the roasted vegetables, enjoy!

**Note:** No matter what method you use to prepare your meal, allowing the meat to rest will make it juicier and enable part of the internal cooking to be completed.