

# ROAST LAMB

 4-6 servings  2-2.5 hours



## Instructions

### Prepare the lamb:

- Rub the lamb with olive oil, garlic, rosemary, thyme, salt, and pepper.
- Allow to rest at room temperature for 20-30 minutes before cooking.

### Roast

- Preheat the oven to 180°C.
- Place the lamb in a roasting tray and cook for 1.5-2 hours, depending on size and preferred doneness.
- Baste occasionally with pan juices.

### Prepare the vegetables:

- Chop seasonal vegetables into even pieces.
- Toss with olive oil, salt, and pepper.
- Roast alongside the lamb for the final 40-50 minutes until tender and caramelised.

### Make the herb sauce:

- Combine yoghurt, herbs, and lemon juice in a bowl.
- Season to taste and refrigerate until ready to serve.

### To serve:

- Rest the lamb for 10-15 minutes before carving.
- Serve with roasted vegetables and a generous spoon of herb sauce.

## Ingredients

### For the lamb:

- 1 leg or shoulder of lamb (approx. 1.5-2kg)
- 3 cloves garlic, crushed
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme
- Salt and freshly ground black pepper

### For the seasonal side:

- 4-5 seasonal vegetables (e.g. carrots, potatoes, pumpkin, green beans)
- 2 tbsp olive oil
- Salt and pepper

### For the herb sauce:

- 1 cup plain yoghurt or crème fraîche
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh mint, finely chopped
- Juice of ½ lemon
- Salt to taste

## Chefs Note

This dish is about simplicity and care. Don't worry about perfection; focus on flavor, sharing, and the experience around the table.