Roast Lamb With Mint And Garlic

Overview

Servings: 6
Grilling Time: 35-45 minutes

Ingredients

Meat:

1.2kg Leg Of Lamb - Boneless

Marinade:

1 Organic Lemon

10 Sprigs Fresh Mint

1/2 Bunch Parsley

4 Tablespoons Olive Oil

4 Garlic Cloves - Finely Chopped

1/2 Tablespoon Cracked Black Peppercorns

Methods

1. Rinse the meat briefly in cold water and dry it using a kitchen towel. Cut open to form a large piece. Make several 5mm deep cuts. This will allow the marinade to infuse well.

2. Wash the lemon with hot water, dry it and grate the peel. Rinse the mint and flat-leaf parsley. Dry and cut them into small pieces. For the marinade, mix the oil, garlic, mint, parsley, lemon zest and pepper.

3. Using half of the marinade, rub into the side of the meat with the cuts. Rub the other side of the meat with the remaining marinade. Place the meat in a large bowl, cover and leave it to marinate in the refrigerator for around 2 hours.

4. Roast the leg of lamb as indicated. Place the tray on the second layer of the rack. Setting procedure: With meat thermometer. Circulated air grilling 180°C. Core temperature 65°C. Alternatively, without the meat thermometer, apply the same settings and grill for 35-45 minutes.

5. Wrap aluminium foil around the cooked joint and leave to rest for 10 minutes.