



AB's Honey and Garlic Lamb Roast

Honey also gives the potatoes a wonderful golden colour

PREP TIME: 15 MIN

COOK TIME: 1 HOUR 40 MINS

INGREDIENTS

- 1.5kg part boned leg of lamb
- 3 cloves crushed garlic + 5 whole cloves with skin on
- 4 tablespoons Rainforest honey
- 2 tablespoons olive oil
- salt and pepper, freshly ground
- 1kg potatoes thickly sliced
- 2 sprigs fresh oregano
- 2 sprigs fresh rosemary
- 3/4 cup hot vegetable stock

DIRECTIONS

1. Preheat oven to 180 degrees.
2. Score the fat on the lamb with a sharp knife in a diamond pattern
3. Mix the crushed garlic, honey and 1 tablespoon of the oil and 1/2 teaspoon salt and use this mixture to coat the lamb. Season with pepper
4. Toss the potatoes in the remaining oil, the oregano and rosemary and salt and pepper. Spread the potatoes in a large roasting pan and add the whole garlic cloves
5. Place the lamb on top of the potatoes and roast for 1 hour
6. Remove from oven after 1 hour and add hot stock to the roasting pan and roast for 35-40 minutes. If you prefer crisp potatoes remove from pan before adding stock
7. Remove the lamb from the pan, return pan with potatoes to the oven to keep warm. Cover the lamb with foil and rest for 15 minutes.
8. Serve with potatoes and garlic and your favourite veggies.



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