



Roast leg of lamb with juniper & rosemary



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic cloves crushed
- ☐ 2 rosemary sprigs leaves picked chopped
- ☐ 1 tsp peppercorns black crushed
- ☐ 3 juniper berries crushed
- ☐ 1 tbsp olive oil
- ☐ 1 leg of lamb 3kg whole
- ☐ 250 ml white wine

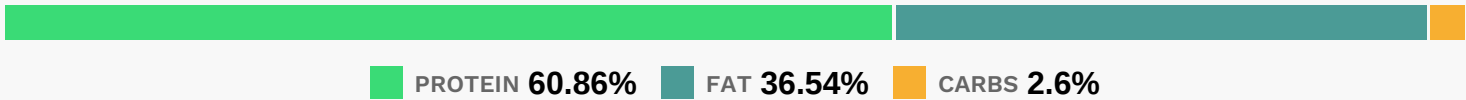
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 190C/170C fan/gas
- ☐ Mix the garlic, rosemary, peppercorns and juniper together with enough olive oil to make a paste.
- ☐ Remove the lamb from the fridge and vigorously rub with the paste, then set aside for about 1 hr while the lamb comes up to room temp.
- ☐ Place the leg into a roasting tin and roast for about 1 hr 45 mins.
- ☐ Remove the lamb and allow to rest on a board wrapped in foil for at least 30 mins. This will give you lamb that is still slightly pink in the middle. If you prefer your meat well done, cook for 2 hrs, then leave to rest as stated.
- ☐ Pour off as much fat from the pan as you can, then place the pan on a direct heat, scraping up any bits.
- ☐ Pour in the wine, bring to the boil and reduce a little scraping the pan with a wooden spoon. Strain the juices into a saucepan and season to taste. When the lamb has rested, slice it. Tip any juices into the sauce, then reheat and serve.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:25.16217408394%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg,

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 364.3kcal (18.22%), Fat: 13.11g (20.17%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.43g (0.47%), Cholesterol: 152.34mg (50.78%), Sodium: 150.16mg (6.53%), Alcohol: 4.35g (100%), Alcohol %: 1.94% (100%), Protein: 49.14g (98.29%), Vitamin B12: 6.43µg (107.12%), Selenium: 56.23µg (80.33%), Vitamin B3: 14.89mg (74.47%), Zinc: 9.22mg (61.46%), Phosphorus: 470.49mg (47.05%), Vitamin B2: 0.6mg (35.56%), Iron: 4.57mg (25.37%), Vitamin B1: 0.34mg (22.62%), Vitamin B6: 0.45mg (22.36%), Potassium: 734.03mg (20.97%), Magnesium: 70.2mg (17.55%), Vitamin B5: 1.75mg (17.52%), Copper: 0.32mg (15.8%), Folate: 55.44µg (13.86%), Manganese: 0.23mg (11.29%), Vitamin E: 0.87mg (5.79%), Vitamin K: 2.8µg (2.67%), Calcium: 24.5mg (2.45%)