



Roasted Leg of Lamb with Yukon Gold Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 teaspoons kosher salt for sprinkling
- ☐ 4 large garlic clove coarsely chopped
- ☐ 7 pound leg of lamb whole bone-in fat trimmed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil divided for brushing
- ☐ 0.3 cup rosemary leaves fresh finely chopped

- ☐ 48 ounce yukon gold potatoes peeled halved lengthwise

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ spatula
- ☐ mortar and pestle

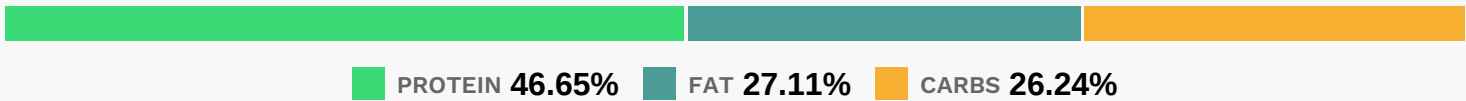
Directions

- ☐ Pound garlic and 4 teaspoons coarse salt in mortar with pestle until paste forms.
- ☐ Add 1/4 cup rosemary leaves and lemon peel. Pound 1 minute. Stir 1/4 cup oil, lemon juice, and 2 teaspoons pepper into rosemary paste.
- ☐ Place lamb, fat side up, on work surface.
- ☐ Cut shallow slits in fat about 1/2 inch apart.
- ☐ Spread 5 tablespoons rosemary paste over lamb, working into slits. Turn lamb over; repeat, cutting slits and spreading with remaining paste. Wrap lamb in plastic.
- ☐ Place in roasting pan; chill overnight.
- ☐ Preheat oven to 425°F.
- ☐ Remove lamb from pan; brush pan with oil.
- ☐ Remove plastic wrap from lamb; return to roasting pan, fat side up. Roast lamb 15 minutes.
- ☐ Place potatoes in large bowl.
- ☐ Add 1/4 cup oil and 2 tablespoons chopped rosemary.
- ☐ Sprinkle with salt and pepper; toss to coat.
- ☐ Reduce oven temperature to 350°F. Arrange potatoes, cut side down, in roasting pan around lamb. Roast 40 minutes. Using spatula, carefully turn potatoes over; brush with pan drippings. Roast until potatoes are tender, about 15 minutes longer.
- ☐ Transfer potatoes to platter. Continue to roast lamb until instant-read thermometer registers 130°F to 135°F when inserted into thickest part, about 15 to 30 minutes longer, depending on

thickness.

- ☐ Transfer lamb to platter; let rest 20 minutes. While lamb rests, return potatoes to pan; warm in oven 10 minutes to heat through.
- ☐ Arrange potatoes and lamb on platter.
- ☐ The 2006 Bonny Doon
- ☐ Ca' del Solo (\$13, California), a fruit-forward
- ☐ Sangiovese, would be great with the lamb.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:21.95, Inflammation Score:-6, Nutrition Score:34.295216938724%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 480.32kcal (24.02%), Fat: 14.21g (21.87%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 26.94g (9.79%), Sugar: 1.44g (1.6%), Cholesterol: 160.03mg (53.34%), Sodium: 1328.64mg (57.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.03g (110.07%), Vitamin B12: 6.75µg (112.52%), Vitamin B3: 17.4mg (86.99%), Selenium: 59.51µg (85.02%), Zinc: 10.13mg (67.54%), Phosphorus: 583.48mg (58.35%), Vitamin B6: 0.95mg (47.57%), Vitamin C: 35.61mg (43.17%), Potassium: 1461.16mg (41.75%), Vitamin B2: 0.68mg (40.23%), Iron: 6.04mg (33.53%), Vitamin B1: 0.49mg (32.73%), Magnesium: 108.89mg (27.22%), Copper: 0.51mg (25.7%), Vitamin B5: 2.33mg (23.31%), Folate: 86.53µg (21.63%), Manganese: 0.42mg (21.03%), Fiber: 4.03g (16.12%), Vitamin E: 0.97mg (6.45%), Vitamin K: 5.7µg (5.43%), Calcium: 43.99mg (4.4%)