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Roast Lamb with Roasted Vegetables and Mint Sauce



Ingredients

Half leg of lamb, about 1.2 kg
Olive oil
3 cloves of garlic
3 sprigs of fresh rosemary
Salt and black pepper

Preparation

1. Preheat the oven to 190 degrees, 170 degrees fan oven.
2. Make sure that the meat is at room temperature, taking it out of the fridge an hour before cooking. Drizzle olive oil on and rub it into the surface of the meat. Peel the garlic and cut it into slivers, then push into small slits made by a knife all over the meat. Remove the leaves from the sprigs of rosemary, chop them finely and sprinkle them all over the meat. Season well with salt and black pepper.
3. Cover the lamb loosely with foil and put in the oven to roast. Remove the foil after an hour, baste and cook for a further 30 minutes. [This will make the meat fairly well done
4. reduce the timing if you prefer it medium or pink.] Leave to rest for 15-20 minutes before serving.

Cooks Note

"I cooked a half leg of lamb to feed 3-4 people; to cook a full leg of lamb, adjust the cooking times accordingly."