



Stuffed Leg of Lamb with Artichokes and Pecorino

3 hours

Hands on

6-8

Portion(s)

2

Difficulty



Method

- Preheat oven to 160* C (320* F) Fan.
- Place the lamb, skin side down on a flat working surface, with the wide side facing you.
- Season with salt and pepper, drizzle with olive oil and add the garlic, rosemary and the pecorino cut into pieces.
- Press down on the artichokes with your palm, coarsely chop them and add them to the lamb also, along with the capers, parsley, breadcrumbs and drizzle with 2 tablespoons olive oil.
- Carefully roll the lamb and tie with kitchen twine to keep it from opening up while roasting.
- Wrap in parchment paper and then wrap it in aluminum foil.
- Transfer to a roasting pan and roast for 2 hours.
- After 2 hours, remove the aluminum foil and parchment paper.
- Turn up the oven temperature to 180* C (350* F) Fan.
- Roast again for 30 minutes, until nice and golden brown.
- Allow it to rest for 10 minutes before slicing and serving.

Ingredients

- 1 leg of lamb, about 1 ½ - 2 kilos, deboned and butterflied
- salt
- pepper
- 3 tablespoons olive oil
- 1 clove of garlic, minced
- 1 tablespoon fresh rosemary leaves, finely chopped
- 60 g pecorino cheese, one piece
- 4 artichoke hearts, grilled or canned
- 1 tablespoon capers, rinsed and drained
- 2 tablespoons breadcrumbs
- 1 tablespoon parsley, finely chopped

To serve

- fresh rocket leaves

Διατροφικός πίνακας

Nutrition information per 100 gr.

168 Calories (kcal)	10.2 Total Fat (g)	5.2 Saturated Fat (g)	0.91 Total Carbs (g)
8%	15%	26%	0%
0.14 Sugars (g)	18.1 Protein (g)	0.12 Fibre (g)	0.29 Sodium (g)
0%	36%	0%	5%