



Greek Roasted Leg of Lamb with Potatoes

**3 hours 15
minutes**

Hands on

4-6
Portion(s)

2
Difficulty



Method

For the lamb

- Preheat oven to 180* C (350* F) Fan.
- Place the leg of lamb in a baking pan and cut small slits in the meat in various places.
- Thinly slice the garlic and cut the rosemary into small pieces.
- Tuck them in the slits you created in the meat.
- In a bowl, add 2 tablespoons of olive oil and 2 chicken bouillon cubes.
- Mix and mash with a fork until the cubes dissolve completely.
- Pour the mixture over the lamb and rub it all over with your hands until it is completely coated.
- Pour the wine into the baking pan and cover securely with parchment paper and then with aluminum foil.
- Roast for 1 ½ hours.

For the potatoes

- Place a nonstick pan over high heat and let it get very hot.
- Wash and scrub the potatoes to remove any dirt but keep the skin on.
- Cut into 3-4 cm pieces and transfer to a bowl.
- Add 2 tablespoons of olive oil, salt and pepper. Toss.
- Add them to the hot pan and sauté for 5-6 minutes, until golden.
- Add the water, honey and mustard. Mix well with a spoon.
- Remove the baking pan with the lamb from the oven, remove the coverings and add the potatoes.
- Cover again with the parchment paper and aluminum foil and roast for another 1 ½ hours.

For the glaze

- Remove baking pan from the oven, remove coverings and brush the meat and potatoes with the mustard and honey. Then sprinkle

Ingredients

For lamb

- 1-1 ½ kilos leg of lamb
- 3-4 cloves of garlic
- 2 sprigs fresh rosemary
- 2 tablespoons olive oil
- 2 chicken bouillon cubes
- 250 g white wine

For potatoes

- 1 ½ kilos potatoes
- 2 tablespoons olive oil
- pepper
- 200 g boiling water
- 1 tablespoon honey
- 1 tablespoon mustard

For glaze

- 100 g honey
- 50 g mustard
- 1 teaspoon chili flakes

Διατροφικός πίνακας

Nutrition information per portion

804 Calories (kcal)	45.0 Total Fat (g)	11.0 Saturated Fat (g)	54.0 Total Carbs (g)
40%	64%	55%	21%
20.0 Sugars (g)	42.0 Protein (g)	4.1 Fibre (g)	2.6 Sodium (g)
22%	84%	16%	43%

with the chili flakes.

- Turn on the broiler and grill for 10-20 minutes, until golden.
- When ready, remove from oven and serve.