

Best Roast Leg Of Lamb

Yield: 8 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-italian-roast-leg-of-lamb-recipe>

Ingredients:

- 3 cloves
- 1 bulb garlic
- 1 bunch fresh rosemary half the leaves removed and coarsely chopped, half in sprigs
- 1 lemon
- olive oil
- 4 3/8 pounds leg of lamb quality
- sea salt
- ground black pepper freshly
- 3 5/16 pounds potatoes peeled and cut in half
- 4 tablespoons mint leaves chopped fresh
- 1 teaspoon sugar
- 2 pinches salt
- 1 tablespoon hot water
- 3 tablespoons wine vinegar

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 160 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 56 grams
7. SaturatedFat: 5 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

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