

Miso Honey Roast Lamb

Yield: 6 min

Total Time: 630 min

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

Ingredients:

- 3 pounds leg of lamb boneless, preferably already trussed
- lamb Cotton thread to truss the, in case it's required
- 1/4 cup white miso paste
- 1/4 cup honey
- 3 tablespoons vegetable oil
- 2 tablespoons chili flakes optional
- 1/4 cup white miso paste
- 1/4 cup honey
- 2 teaspoons cayenne pepper
- lamb Leftover, jus from the roast
- 1/3 cup water
- 1/2 cup beef stock
- green onions Chopped, scallions

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 51 grams
7. SaturatedFat: 5 grams
8. Sodium: 1040 milligrams
9. Sugar: 25 grams

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