BRITISH · DINNER

# Roast Leg of Lamb with Rosemary, Lemon and Gravy

160 min · plus 1 hour out of the fridge | Serves 6 | 481 kcal a serve | Video 3:11 · Kitchen Sanctuary

No dairy listed | No nuts listed

About 53 g protein and 3 g net carbs a serve: lamb roasted with dried herbs, lemon zest and a little oil, and a gravy thickened with just 2 tbsp cornflour for the whole pot. Rich in vitamin B12, selenium and zinc.

**Diet notes:** Paleo with a swap: arrowroot or tapioca starch instead of the cornflour, homemade stock instead of the stock cube; Gluten-free with a swap: Many stock cubes contain wheat: use gluten-free ones to keep it gluten-free.

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## Ingredients 14 · SERVES 6

- [ ] **Lamb leg roast**: 4.4 lb leg of lamb, bone in
- [ ] 1 tbsp **olive oil**
- [ ] ½ tsp **garlic salt**
- [ ] ½ tsp Maldon (flaky) salt
- [ ] ½ tsp **black pepper**
- [ ] 1 tsp **dried rosemary**
- [ ] 1 tsp **dried thyme**
- [ ] **Lemon zest**: finely grated zest of 1 lemon
- [ ] **Stock cube**: 2 lamb stock cubes and 1 beef stock cube, crumbled, for the gravy
- [ ] 3 cups **hot water saved** from cooking your vegetables
- [ ] ¼ tsp **salt**, for the gravy
- [ ] ¼ tsp **black pepper**, for the gravy
- [ ] 2 tbsp **cornflour** (cornstarch)
- [ ] 5 tbsp **cold water**, for the cornflour

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Take the lamb out of the fridge about an hour before cooking and heat the oven to 350°F fan (350°F). 0:30
2. Mix the olive oil, garlic salt, flaky salt, pepper, dried rosemary, dried thyme and lemon zest into a thick paste and rub it all over the lamb. 0:41
3. Roast the lamb in a large roasting tin for about 2 hours for a 4½ lb leg, which gives medium (about 140°F in the thickest part); roast longer for well done (160°F). 1:18
4. Rest the lamb on a warm plate for 30 minutes while you make the gravy. 1:35
5. Set the roasting tin on the hob, scrape up the sticky bits, add the crumbled stock cubes and whisk in the hot vegetable water. Bring to the boil, season, whisk in the cornflour mixed with the cold water and let it bubble until thick. 1:42
6. Carve the lamb and serve with the gravy, mint sauce and vegetables. 2:29

> **Tip** Serves 6. A 4½ lb leg gives about 2¾ lb of roast meat once the bone is out. The stock cubes add most of the salt: use reduced-salt cubes to cut it. Leftovers keep 3 days in the fridge.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **481** kcal<br>2,010 kJ | **53** g<br>105% of a day | **3.2** g<br>3 g net · 0.4 g sugars<br>1% of a day | **0.3** g<br>1% of a day | **27** g<br>10 g saturated<br>35% of a day | **1,070** mg<br>46% of a day |

**Energy from** net carbs 3% · protein 45% · fat 52% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 221% · Selenium 107% · Zinc 84% · Iron 23%

**Source of** (10–19%) Vitamin B6 19% · Omega-3 17% · Potassium 14% · Magnesium 12% · Folate 11%

**Recipe and video:** Kitchen Sanctuary (@Kitchensanctuary) on YouTube — youtube.com/watch?v=rbZz3cvTu8E, published 2 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/roast-leg-of-lamb-rosemary-lemon-gravy