

# LAMB WITH ROSEMARY AND GARLIC



GROWING THE FUTURE  
TYFU'R DYFODOL

Your herbs will be absolutely delicious with this easy lamb dish. Everything cooks together in one pan and after just a few hours you have the most succulent, fragrant lamb.

## Ingredients:

- Leg of lamb weighing 2½ kg
- 1 garlic bulb, chopped
- 1 bunch rosemary
- 4 sprigs of fresh thyme
- ½ cup Dijon mustard
- 1 tbsp balsamic vinegar
- 1 kg ripe red tomatoes, chopped
- ½ cup olive oil
- ½ cup good honey [particularly good if you keep your own bees!]
- 1 large onion, sliced

## Method:

1. Preheat oven to 220°C.
2. Pat the leg of lamb dry with paper towels and place fat side up in a large roasting pan.
3. Combine the mustard, the vinegar, 1 tbsp of the garlic, 1 tbsp of chopped rosemary, 1 tbsp salt and pepper in a bowl and mix well. Spread this mixture over the lamb.
4. Place the tomatoes, olive oil, half the honey, the onion, 2 tbsp garlic, 2 tbsp salt and pepper in a bowl and toss to mix.
5. Pour the tomato mixture around the lamb and tuck in the thyme and rosemary sprigs. Drizzle the lamb with the remaining honey.
6. Roast in the hot oven for 20 minutes, then turn the heat down to 170°C and roast for another hour or hour and a half until a meat thermometer shows 55-59°C.
7. Place the lamb on a chopping board, cover with foil and allow to rest for 15 minutes.
8. Compost the herb stems, and return the tomatoes to the oven to keep warm. Slice the lamb, arrange on a platter and serve with the tomatoes and pan juices spooned on top.

## GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper – we want to help provide training, information and support to you. For more information on the project's events and courses, please visit [botanicgarden.wales/science/growing-the-future](http://botanicgarden.wales/science/growing-the-future).

This project has received funding through the Welsh Government Rural Communities – Rural Development Programme 2014-2020, which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

