

ROAST LEG OF LAMB

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Yield: ± 3.7 kg (Makes half insert)

2.5 kg	Lamb, leg
300 g (2 medium)	Onions, chopped
300 g (3 medium)	Carrots, diced
820 g (2 cans)	Tomatoes, chopped
30 g (2 Tbsp)	Garlic, crushed
600 ml (2½ cups)	Water
60 g	Fiesta BBQ Spice (04175010)

METHOD:

Preheat an oven to 180°C.

Heat a large frying pan over medium heat and seal the lamb in the pan for ± 5 minutes on each side. Remove once the skin is golden brown and set aside. Add the onions and carrots to the pan and fry for ± 5 minutes, stirring occasionally. Add the chopped tomatoes, garlic and water and mix through. Pour into a half insert. Season the lamb with the Fiesta BBQ Spice and place on top of the vegetables. Cover with foil. Place into the oven for ± 1½ hours. Remove the foil and return to the oven uncovered for ± 20 - 30 minutes or until tender.