



Aromatic Roast Leg of Lamb
RECIPE

Aromatic Roast Leg of Lamb



Cooking time

180 mins

Preparation time

20 mins

Serves

6

Royco Gravy for Roast Meat adds depth of flavour to slow-cooked lamb infused with aromatic herbs, spices and honey, resulting in a tender, juicy roast. Finish with a delicious jalapeño sauce glaze!

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Ingredients

- 1 whole leg of lamb
- 15ml (1 Tbsp) salt
- 15ml (1 Tbsp) black pepper
- 15ml (1 Tbsp) cinnamon
- 15ml (1 Tbsp) dried garlic flakes
- 15ml (1 Tbsp) tomato pesto
- 1 x Royco® Gravy for Roast Meat – use 3 Tbsp (45ml)
- 15ml (1 Tbsp) freshly squeezed lemon juice
- 15ml (1 Tbsp) honey
- 45ml (3 Tbsp) jalapeño sauce
- fresh herbs, to garnish

Products used



Roast Meat Dry Gravy

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Recipe developed for Royco by [@leyfortskitchen](#)

Cook's tips:

- The key to a juicy, tender leg of lamb is slow roasting. Make sure to cook the lamb at a lower temperature to allow the meat to become tender and flavourful.
- During the roasting process, baste the lamb with the juices in the pan to keep the meat moist and enhance the flavours.
- Let the lamb rest for at least 10 minutes before slicing. This helps to redistribute the juices, making the meat more succulent.

Method

1. 1.
Preheat your oven to 175° C.
2. 2.
Prepare the lamb: place the leg in a deep roasting tray and season generously with salt, pepper and cinnamon. Sprinkle over the garlic flakes, then coat the lamb with tomato pesto, ensuring it's well covered.
3. 3.
Add the Royco flavour: sprinkle 3 Tbsp (45ml) of the powder from the sachet of Royco® Gravy for Roast Meat over the lamb.
4. 4.
Drizzle the honey over the top of the lamb to add a touch of sweetness and help with caramelisation during roasting.
5. 5.
Roast the lamb: place the baking tray in the preheated oven and roast for about 3 hours, or until the lamb reaches an internal temperature of 70-75° C for medium doneness, or it is cooked to your liking. For more tender lamb, you can roast it for

longer.

6. 6.

Five minutes before the lamb is done, remove the tray from the oven and rub the lamb with the jalapeño sauce for a spicy kick and a beautiful glaze. Return the lamb to the oven for the final 5 minutes.

7. 7

Remove the lamb from the oven and let it rest for 10 minutes before slicing.

8. 8

Garnish with fresh herbs and serve with any additional sauce from the pan.

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[**Lamb Tray Tagine**](#)

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Fiesta Mince Bowl

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Preparation time

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Butternut Risotto with Rocket and Feta

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Preparation time

5 mins

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Preparation time

20 mins

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