

MINI LAMB ROAST



Best of
NEW ZEALAND
BEEF & LAMB



BEEF + LAMB
NEW ZEALAND

Serves 4 Preparation Time 15 MINS

Cooking Time 40 MINS



Will's favourite!

Will is one of the faces of the 'Way to Grow' campaign. When Will grows up he wants to be a pilot.

Lamb

1 x 400g Quality Mark boneless lamb roast

Vegetables

2 potatoes, peeled and quartered
2 red kumara, peeled and quartered
250g pumpkin, peeled, seeded and cubed
2 medium-sized carrots, peeled and cut into long pieces
1/4 cup oil
1 lemon, cut into wedges
Seasonal green vegetables

Preheat the oven to 200°C.

Lamb

Rub lamb roast with a dash of oil and season with freshly ground black pepper. Set aside to allow it to come to room temperature. Place a large shallow roasting dish in the oven to heat.

Vegetables

Place the potato and kumara in a large saucepan of lightly salted water. Cover and bring to the boil, then reduce the heat and simmer for 5 minutes. Drain well.

In a large bowl, toss together the potatoes, kumara, pumpkin and carrots with the oil. Season and toss well so all the vegetables are coated.

Place the vegetables, in a single layer, in the preheated roasting dish with the lemon wedges, making space in the centre of the roasting dish for the lamb.

Place in the oven and roast for 30-35 minutes. Remove from the oven and place the lamb on a warmed plate. Sprinkle with a little salt, cover loosely with foil and leave to rest. Return vegetables to the oven to roast for a further 10 minutes until tender and golden.

To serve

Remove vegetables and transfer to a warmed serving platter and serve immediately with slices of roast lamb and seasonal greens.



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