



## Stuart's Quick and Tasty Rosemary Lamb Leg

### Ingredients:

- ~5 lb fresh Ontario leg of lamb (with the bone adds more flavour)
- ¼ cup of honey
- 2 tbsp Dijon mustard (can be purchased at our Pantry)
- 2 tbsp extra virgin olive oil (can also be purchased at our Pantry)
- 1/8 cup chopped fresh rosemary  
(if using dry use 3:1 ratio of fresh to dried)
- 1 tsp ground pepper
- 1 tsp sea salt
- 1 tsp lemon zest
- 3 cloves of minced garlic

### Directions:

- 1) Combine honey, oil, mustard, rosemary, ground black pepper, lemon zest and garlic. Mix well and rub over lamb. Cover and let marinate in refrigerator overnight (or at least for ~4 hours).
- 2) Preheat oven to 450°F/230°C
- 3) Place lamb in roasting pan. Bake at 450°F for 20 minutes then reduce heat to 400°F for 55-60 minutes for medium rare. Oven times may vary therefore the internal temperature when taken with a meat thermometer should read 145°F/63°C. For rare or well-done please refer to our roast cooking chart for desired internal temperatures. Let the roast stand 10 minutes prior to carving to retain moisture.

Enjoy!

Serves ~8

### Serving Ideas:

Visit Stuart's frozen pantry section for "quick and tasty" side dishes.

### Wine Suggestion:

Pairs nicely with a Cabernet Sauvignon or Merlot.

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