

Lemon Crusted Lamb Roast

A scrumptious introduction to the cooler months of the year, fragrant and filling, guaranteed to warm the home and the heart...

www.ravingrecipes.com.au



Shopping List

- 1 boned leg of lamb
- 200g shelled walnuts
- 3 slices of bread
- 4 tblsp Screaming Seeds Rainforest Seasoning
- 2 tblsp fresh thyme leaves removed off the stalk
- 1/4 brown onion
- 1 bunch fresh parsley
- 1 teaspoon salt
- 4 tablespoons premium olive oil
- 1 egg yolk
- 1 lemon juiced and zested
- 4 pears peeled cored and finely sliced

Method

Blend half the walnuts, half of the parsley, bread, Rainforest Seasoning, thyme, lemon zest, salt and onion in a food processor to a crumb texture. With the motor running slowly pour in the olive oil, blend until just combined. Set aside.

Season the inside and outside of the lamb. Lay the lamb on a flat surface with the (out side) of the lamb on the under side.

Lay the pear slices on the top (inside). Sprinkle with the remaining walnuts. Fold in sides firmly, and roll in ends to make a football shape. Secure with skewers to wrap in butchers twine or a butchers net.

Bake on 200C for 20 minutes.

Turn oven down and bake the at 160oC, 30 minutes for each 500grams of meat. For the last 30 minutes brush the top with the egg yolk and gently press on the lemon crumb.

Bake until the central inside meat temperature reaches 55oC . Rest 15 minutes before carving.