

OVERALL time: 85 mins

Roast Leg of Lamb with Spinach, Garlic, Feta & Mint Stuffing

Metric

Number of servings : 8

ingredients

For the stuffing

- 1 large onion, finely diced
- 2 cloves garlic, minced
- **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 250 g baby spinach
- 100 g feta cheese, crumbled
- 2 Tbsp fresh mint, chopped

For the lamb

- 1.5 kg deboned leg of lamb, butterflied (weigh without bones)
- 1.5 kg large potatoes, sliced in half

For cooking

- olive oil

To taste

- **Cape Herb and Spice Greek Style Lemon & Herb Rub**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 70 mins

For the stuffing:

Heat a drizzle of olive oil in a frying pan over medium-high heat.

Add the onion and sauté until softened.

Add the garlic and season well with **Cape Herb & Spice Greek Style Lemon & Herb Rub**.

Cook until fragrant. Add the spinach and cook briefly until wilted.

Switch the heat off.

Add the feta and mix it through while the stuffing is warm and then set aside to cool.

For the lamb:

Lay the butterflied lamb open on a board, flesh side up. *If there are any sections with excess / unevenly thick fat - trim them off.*

Spoon the cooled spinach mixture all over evenly.

Sprinkle the filling with fresh mint.

Roll the meat up around the filling.

Use butcher's string to tie the lamb up at intervals to keep the filling inside.

Refrigerate for at least 1 hour or if you have the time, chill overnight overnight for the best results.

Preheat the oven to 190°C with the fan on.

Add a drizzle of olive oil to a large roasting tray.

Add the potatoes and season with **Cape Herb & Spice Greek Style Lemon & Herb Rub**.

Rub them all over with olive oil and seasoning and then turn them all cut side down.

The tray needs to be large enough that all the potatoes can lay flat, while still leaving space for the lamb.

Place the lamb in the centre of the roasting dish. Brush with a little olive oil and season the exterior with **Cape Herb & Spice Greek Style Lemon & Herb Rub**.

Transfer to the oven and cook for 55 minutes, depending on the weight of the lamb leg and how pink you like it.

For nicely cooked but still pink in the centre lamb aim for medium and remove when the internal temp reaches 62°C.

When cooked, set aside to rest for at least 15 minutes.

Top tip re potatoes:

Large potatoes will cook perfectly in the hour from raw.

If your potatoes are on the smaller side, add them later on during the cook.

Serve the rested lamb thickly sliced with a pile of potatoes and enjoy!

<https://www.capeherb.co.za>

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