

## **MEDITERRANEAN SLOW ROASTED LAMB, WINTER VEGETABLES & TZATZIKI**

**Serves 6 - 8**

### **Ingredients**

3kg Lamb Leg (bone in)	Olive Oil
2 Cloves Garlic thinly sliced	Salt and Pepper
2 sprigs of fresh Rosemary	String
Oregano	

### **Filling**

20g Garlic	Salt and Pepper
50g Semidried Tomato	Rosemary, Thyme, Oregano
50g Baby Spinach	Olive Oil
100g Fetta cheese	

### **Winter Vegetables**

100g Sweet Potato cut chunky	100g Eschallots
100g Pumpkin cut into 4-5cm pieces	100g new season Chat Potatoes

### **Tzatziki**

200g Greek style yoghurt	1 Cucumber
1 sprig of mint	Salt and Pepper
3 cloves Garlic	

### **METHOD**

1. For the filling - cut the Fetta cheese into cubes
2. Add crushed Garlic, Semi dried Tomatoes and Baby Spinach
3. Add Herbs, Olive Oil and season with Salt and Pepper
4. Open the Lamb Leg with a sharp knife, leave the bone in place
5. Fill the lamb with the mixture and tie it back together with string
6. Season the Lamb with Salt, Pepper and oregano
7. Use a small knife to make 10 – 15 slots in the Lamb and place a slice of garlic in each slot

8. Seal the Lamb in a hot frying pan until Golden brown
9. Slow Roast the Lamb in the oven at 80 degrees Celsius for 4 hours
10. Add all the winter vegetables and roast for another 1 ½ hours

#### **TZATZIKI**

1. Put the Greek yoghurt in a bowl
2. Add the fresh chopped mint, crushed garlic and grated cucumber
3. Finish with Salt and Pepper

Slice the Lamb and serve with Roasted vegetables and Tzatziki.

