

# Marinated Lamb



Delicious, easy and suitable for all the family, this can be cooked on a Sunday for a wonderful lunch or great as Easter lunch.

This is gluten free and Low FODMAP.



## Ingredients

### Serves 4

#### Marinade

- 1 freshly squeezed lemon
- 1tbsp of garlic infused oil
- Sprinkle of salt
- 3 springs of rosemary
  
- 4 lamb leg steaks
- Vegetables to roast of your choice

## Method

---

Preheat oven 180°C, gas mark 4, 350°F

Chop the rosemary and place in a bowl with all the marinade ingredients and the lamb leg steaks.

Leave to refrigerate for 1-2 hours before adding the lamb to a roasting tin with vegetables of your choice (ones you know your tummy can tolerate).

Place in the oven and cook for 2-3 hours or until the lamb is very soft and falls apart. Keep checking it as you don't want it to become too dry. Cooking the lamb long and slow will ensure that some of the marbling of fat it contains will liquefy and can be skimmed off the meat juices once cooked.

Trim the fat from around the lamb and place on a serving dish with the roasted vegetables.

Drain off the cooking juices and strain off the fat which floats on the surface and drizzle this liquid over the meat and allow it to rest. (If you wish to make a gravy add a heaped teaspoon of cornflour and heat in a pan until thickened).