

Roast Lamb with Honey & Thyme

Adapted from SBS – Serves 4 to 6 – Cooking Time 1.5hrs



Ingredients

1.5kg easy carve roast lamb leg

Olive oil

1 bunch thyme

½ cup Kwongan honey

Roasted vegetables, steamed greens and gravy, to serve

Method

1. Preheat oven to 180°C. Place lamb on a rack (trivet) in a baking pan.
2. Drizzle roast with oil, season to taste and arrange thyme sprigs over lamb.
3. Bake for 1¼ - 1½ hours or to taste (25 minutes per 500g will give a medium-cooked roast).
4. Remove from oven and drizzle immediately with honey. Cover and rest for 15 minutes before carving. Serve with roasted vegetables, steamed greens and gravy.

Tip: It is important to allow roast to rest before carving to retain juices.