



READY TO COOK
BY HARRIS FARM

ROASTED LEG OF LAMB WITH SWEET POTATOES, GREEN BEANS & MINT JELLY CREME FRAICHE



PREP
15 min



COOK
3½ min



SERVES
4

INGREDIENTS:

- > 1.8-2.5kg Leg of Lamb
- > 4 Garlic Cloves
- > ¼ Bunch Thyme
- > ¼ Rosemary Bunch
- > 1 Lemon
- > 1.5 kg Sweet Potato
- > 200ml Crème Fraîche
- > 185g Mint Jelly
- > 500g Green Beans
- > 1 Bunch English Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Corn Flour
- > 2 Tbsp Red Wine Vinegar (Optional)
- > 1 Cup Chicken/Vegetable Stock or Water

METHOD – GET COOKING!



1

Preheat the oven to 150°C.

Roughly chop or crush the garlic. Finely chop the thyme and rosemary.

Rub the leg of lamb with salt, pepper, garlic, and herbs. Place on a lined baking tray and cover with a sheet of baking paper. Cover with aluminium foil, making sure the tray is sealed well.

2

Place the lamb in the oven and cook for 2 hours.

Meanwhile, **cut the sweet potatoes in half lengthways and place them on a separate lined baking tray. Drizzle with olive oil and season with salt and pepper. Toss well and arrange them with the skin side up. Set aside.**

Take lamb out of the oven. Remove the foil and baking paper. Turn the oven heat up to 180°C. Place both the lamb and sweet potato inside the oven and cook for 1 hour.

3

Bring a medium size pot with salted water to the boil.

Remove top ends off the green beans, leaving the small tails on. Wash and cut the stems off the spinach. Set ingredients aside.

Remove lamb from the oven, it should have a golden brown appearance. Set to rest out of the baking tray.

4

Place the crème fraîche in a mixing bowl. Add ½ a jar of mint jelly. Season with salt, pepper and the juice of ½ a lemon. Mix through and set aside.

To make the gravy, scrape all the juices and oils from the baking tray in a small saucepan. Make sure to remove any excess fat. Add the stock, vinegar, a splash of wine if preferred and bring to the boil. Turn down heat to low, add the corn flour and whisk well until thickened. Season with salt and pepper. Remove from heat and keep warm.

5

Cook the green beans in the boiling water for 2–3 mins until softened. Drain, drizzle with olive oil, and set aside.

In a large frying pan on high heat, drizzle with olive oil and sauté the spinach for ½ a minute until vibrant green. Season to taste.

6

Serve roasted lamb with sautéed spinach, sweet potatoes, green beans, mint jelly crème fraîche and lamb gravy.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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