

Slow roasted Mediterranean lamb

Serves 6-8

15 mins + 7 hours

1 main ingredient

What you'll need

Main ingredients

Leg of lamb

Fresh/ frozen

2 onions, sliced

2 red peppers, deseeded and sliced

4 cloves garlic, thinly sliced

8 sprigs of fresh thyme

Punnet of cherry/ baby plum toms (or a tin of)

½ cup kalamata olives

Fresh parsley to serve

Store cupboard

500ml stock, chicken or veggie

2-3 bay leaves

Olive oil, 1-2 tbsp

Salt & Pepper, to taste

125ml white wine (optional)

What to do

1. Preheat the oven to 110C fan. Heat a large flameproof roasting dish or frying pan over medium-high heat. Season and sear the lamb in a little olive oil until starting to turn golden all around. Transfer lamb to a plate.
2. Add 2 sliced onions and 2 sliced peppers and cook, stirring, for 5-10 minutes or until softened. Add 4 cloves of thinly sliced garlic and cook, stirring, for a minute. Add 125ml white wine if using, and simmer for 5 minutes or until reduced slightly. Add 500ml stock.
3. Return the lamb to the roasting dish (or add everything into a casserole dish/tray). Add 8 sprigs of thyme and 2-3 bay leaves. Cover tightly with a layer of baking paper and foil over the top. Roast for 6 hours or until the lamb is tender.
4. Increase the oven temp to 170c. Add the tomatoes (if using fresh tomatoes you can add a tbsp or 2 of tomato puree for extra richness here), mix well and continue to roast for about another 45 minutes to an hour, or until the lamb is nicely tender and the liquid has reduced.
5. Stir through the olives and sprinkle with parsley. Serve with your choice of side - a crunchy Greek salad or some steamed greens with an olive oil and lemon dressing and a sprinkle of crumbled feta. Enjoy!

Notes & tips

- if using fresh tomatoes you can add a tbsp or 2 of tomato puree for extra richness at step 4
 - Make this recipe your own by selecting your favourite herbs and spices, oregano or basil would work well
 - Cooking times will vary depending on the size of your leg of lamb. However, cooking it for this length of time it's difficult to under or overcook but it will be between 60-75c
 - Recipe inspiration came from a recipe by Alison Adams, linked here
- <https://www.taste.com.au/recipes/slow-cooked-mediterranean-lamb-recipe/lq21pw2g>