



Honey and oregano roasted leg of lamb with vegetable roasties

Serves 6

1 kg leg of lamb, trimmed of all visible fat
2 large garlic cloves, sliced
8 sprigs oregano, each halved
2 tbsp pure floral honey
4 tsp Dijon mustard
2 tsp lemon juice

To serve

1 quantity Vegetable roasties (see recipe)
steamed, boiled or microwaved green beans

- Preheat oven to 200°C (400°F/Gas 6). Place a rack in a roasting pan and add 1 cup water to the pan.
- Use a small sharp knife to cut slits all over the surface of the lamb. Poke the garlic slices and sprigs of oregano into the slits.
- Place the lamb on the rack in the roasting pan and roast for 30 minutes.
- Combine the honey, mustard and lemon juice. Brush over the lamb and return to the oven for a further 20 minutes for medium or 30 minutes for well-done. Remove lamb from oven, cover loosely with foil and set aside in a warm place for 15 minutes to rest.
- Carve the lamb and serve accompanied by the Vegetable Roasties and beans.

Vegetable roasties

3 Carisma potatoes
1 medium orange-fleshed sweet potato (about 500g)
2 medium parsnips (about 400g)
2 medium carrots (about 250g)
1/2 medium butternut pumpkin (about 700g)
3 teaspoons olive oil

Pinch salt (optional)

Freshly ground black pepper

4 sprigs rosemary, thyme or oregano, leaves removed from stems

- Preheat the oven to 220°C and line a roasting pan with non-stick baking paper.
- Peel all the vegetables, deseed the pumpkin and cut the vegetables into 2.5cm chunks. Place them in the prepared roasting pan, drizzle with the olive oil and a tiny sprinkle of salt (if using), pepper and herbs. Use your hands (clean of course) to toss the vegetables to coat with the oil and seasonings.
- Bake for 1 hour, or until golden and tender, tossing the vegetables about 3 times during cooking so that they brown and crisp evenly. Serve immediately.

Energy: 2110kJ; Protein 44g; Fat 13g (includes 5g saturated fat and 110mg cholesterol); carbohydrate 45g; Fibre 9g; sodium 200 mg

Recipe by Anneka Manning from *The Low GI Family Cookbook* published by Hachette in Australia