

# single fare™

## Roast Lamb

**Cooking time:** 45-60 minutes

### Ingredients:

- 400g lamb rump roast
- 1 clove garlic, cut into slivers
- 1 sprig rosemary, torn
- 1 small carrot, peeled and quartered
- 2 small whole potatoes
- ½ small sweet potato, peeled and quartered
- 1 small red onion, halved
- 1 tablespoon olive oil

### Method:

Preheat oven to 200°C. Line the base of a small roasting pan with baking paper.

Use a sharp knife to make small incisions in the lamb and place the garlic and rosemary into the cuts.

Place the lamb in the middle of the prepared roasting pan and arrange the vegetables around it. Use clean hands to rub the oil over the meat and vegetables.

Roast the lamb and vegetables for 35 minutes. Remove the lamb and allow to rest. Continue to roast the vegetables for a further 5 -10 minutes until cooked through.

### Leftover ingredients:

- Sweet Potato

### Recipes for leftovers:

- Roast Pork Tenderloin

