

Lamb with Roasted Vegetables



Cooking time: 4 hrs

Serves: 4

how to cook

- 1 Heat oven to Gas 3, 170°C, fan 150°C, 325°F.
- 2 Crush garlic in their skins and place them with the bay leaves sprigs in a roasting pan. Put the lamb on top, add water and cover tightly with baking parchment. Bake in the oven for 3 hours.
- 3 Chop the vegetables into large chunks and add to the roasting tin and place back in the oven for another hour.
- 4 When lamb is cooked, remove excess fat from top of juices and discard. Carve meat and serve with the vegetables, topped with pan juices from the lamb.

what you need

- 1 John Penny shoulder of lamb
- 4 cloves garlic
- Bay leaves
- 1 litre water
- 2 carrots
- 1 swede
- 1 white onion
- 2 parsnip

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