

SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# ROAST LAMB



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YIELD: 4-6 SERVINGS | TIME: 1 HOUR AND 30 MINUTES

## FOOD SAVING HACKS

Have vegetables you need to use? Add to your roasting pan to cook with your lamb and they will soak up the juices for an easy side dish.

### INGREDIENTS



**1 (2-lb.)**  
boneless lamb  
shoulder roast



**6-8**  
cloves  
garlic



**1 Tbsp**  
chopped fresh  
rosemary (or 1  
tsp dried  
rosemary)



**2 tsp**  
chopped fresh  
thyme (or ½ tsp  
dried thyme)



**1 Tbsp**  
Dijon mustard



**2 Tbsp**  
extra-virgin  
olive oil



**PLUS:** Salt and pepper to taste

### INSTRUCTIONS

1. Preheat the oven to 450°F and place a rack in the lower third of the oven.
2. In a small bowl, mix the chopped garlic, rosemary, thyme and Dijon mustard with 2 Tbsp of extra-virgin olive oil. Season the mixture generously with salt and pepper.
3. Rub the herb mixture all over the lamb and place in a baking dish.
4. Roast in the preheated oven for about 1 hour, or until an instant-read thermometer inserted into the thickest part of the lamb registers 145°F.
5. Once the lamb has reached a safe temperature, remove it from the oven and allow it to rest for 15 minutes.
6. After resting, slice the roast and serve.

**SAVE MORE THAN FOOD!** Create the perfect lunch with any leftover lamb by adding it to sandwiches, wraps, salads, tacos and more!