



Roasted Leg of Black Welsh Mountain Lamb from Three Little Pigs

with minted crushed peas (4- 6 servings)

Ingredients

1 Leg of Black Welsh Mountain lamb 1.75 – 2kg
8 Salted anchovy fillets halved
3 garlic cloves sliced
15 rosemary sprigs
Olive oil
250g defrosted peas
15g butter
A handful of mint leaves chopped
Salt and pepper

Instructions

Preheat oven to 220c/gas 7. Make lots of small knife cuts all over the leg. Insert small pieces of anchovy garlic and rosemary into the slits. Rub leg with olive oil and season well with salt and pepper.

Place in a roasting tray in the middle of the oven and roast for approximately 20 minutes per 500g plus an extra 20 minutes, basting frequently.

Crush the defrosted peas in a food processor leaving them with a coarse texture. When the lamb is cooked remove from oven, cover with foil and rest for 5-10 minutes. Heat the crushed peas in a sauce pan and stir in butter and some seasoning. Stir in chopped mint.

Serve with roast potatoes.

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