

# Roasted Lamb Leg or Shoulder Herb Crumbed

My goto Gluten-free crumb is made by Fogdog here in New Zealand. Its ideal for this recipe and carries the fresh herb flavour so well. Its like a taste of spring in the middle of winter.



## Ingredients

- 2 cups of [Fogdog GF Breadcrumbs](#)
- 3 tablespoons finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh mint
- 1 1/2 teaspoons minced fresh rosemary
- 1 1/2 teaspoons finely chopped fresh thyme
- 1/2 teaspoon ground sea salt
- 1/4 teaspoon black pepper
- 2 1/2 tablespoons good olive oil



- 1 lamb leg or shoulder roast, about 2kg
- 1/4 cup olive oil
- 1/2 cup Dijon mustard
- 2 onions, quartered
- Salt and pepper to season

## Method

### The crumb

In a medium sized bowl combine together the Fogdog GF crumbs,

parsley, mint, rosemary, thyme, salt and pepper in a bowl. Let rest for a few minutes and give the crumb another toss.

Now drizzle with 2 1/2 tablespoons good olive oil and toss until combined well. Rest on your bench for a 30 minutes and use.

Preheat the oven to 220°.

Place the onions and rosemary into the bottom of a large heavy based ovenproof dish.

Season the lamb leg with salt and pepper. Coat with a light, even covering of mustard and place into the dish. Press the herb crumb mix on to the top of the lamb. Cover with a lid and place in the oven.

Cook for 30 minutes.

Reduce the oven temperature to 150° and continue to cook for 2 1/2 hours.

Remove lid from the dish and cook for a final 15-30 minutes.

Remove the lamb from the oven and allow the lamb to rest for 10 minutes.