




Recipe Details

Recipe Name : Marinated Lamb
Recipe Category:
Author : Jamie Oliver
Created : February 16, 2015
Last Updated : February 16, 2015
Portions : 12



Weight (Per Portion)

One portion of this dish weighs approximately 80.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Garlic	2 Clove	
Yoghurt, plain, pouring	500 Gram	 Milk
Chickpeas, canned	400 Gram	
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Lemon, juice	1 Unit	
Mint, fresh	25 Gram	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Milk

Recipe Method

Lamb: Pre-heat the oven to 425 degees F (220 degrees C). Bash up the coriander and mint and mix with the yoghurt, garlic, and seasoning. Reserve half to use as sauce once the lamb is cooked. Score the lamb pieces, season with the salt and pepper and mix with half the marinade and the chickpeas, so it is all coated. Transfer the marinade and lamb to a plastic bag and seal. Place in the refrigerator until required. To cook, place the meat directly on the oven shelf above the tray of vegetables for approximately 45 minutes. Vegetables: Pre-heat the oven to 425 degees F (220 degrees C). Place all the vegetables in a roasting tray, add the chickpeas, cumin, coriander seeds, nutmeg, sea salt, pepper, and olive oil and toss together. Cook in the preheated oven for 20 minutes then remove the foil and continue roasting for 20 to 30 minutes until the vegetables are tender and golden.

