

Sticky slow-roasted lamb with sherry vinegar glaze

- Dairy-free
- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
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This slow lamb roast recipe is quick to prep, then the oven gets to work to bring out all the wonderful flavours.

- Serves 6, with leftovers
- Cooktime 6 hr 10 mins 6 hour 10 minutes
- Preptime 10 mins

Ingredients

- 2.2kg Coles Australian Lamb Shoulder Roast On The Bone
- 2 garlic cloves, thinly sliced
- 6 small rosemary sprigs
- 6 oregano sprigs
- 1/3 cup (80ml) sherry vinegar
- 1/4 cup (60ml) honey
- 2 tsp Dijon mustard
- 1 tsp ground paprika
- 1/2 cup (125ml) salt-reduced chicken stock
- 2 red onions, cut into wedges

Nutritional information

Per serve: Energy: 1107kJ/265 Cals (13%), Protein: 30g (60%), Fat: 11g (16%), Sat Fat: 4g (17%), Sodium: 212mg (11%), Carb: 12g (4%), Sugar: 11g (12%), Dietary Fibre: 2g (7%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 150°C. Place the lamb on a clean work surface. Use a small sharp knife to make 6 small slits, about 2cm deep, over the surface of the lamb. Insert 1 slice of garlic, 1 rosemary sprig and 1 oregano sprig into each slit. Season well.

2. Step 2

Combine the vinegar, honey, mustard, paprika and stock in a medium saucepan over high heat. Cook, stirring occasionally, for 5 mins or until the mixture thickens slightly.

3. Step 3

Place the onion in the base of a large roasting pan. Top with the lamb and drizzle evenly with vinegar mixture. Cover tightly with foil.

4. Step 4

Roast, basting occasionally, for 5 1/2 hours or until lamb is falling off the bone. Increase oven to 200°C. Uncover and roast for a further 30 mins or until the lamb caramelises. Rest for 10 mins.

5. Step 5

Transfer the lamb to a serving platter and cover with foil to keep warm. Pour the pan juices into a clean saucepan and place over high heat. Cook, stirring occasionally, for 5 mins or until the sauce thickens. Drizzle over the lamb to serve.