

December 25, 2020

Roasted Boneless Leg of Lamb

1 (5 to 6 pound) boneless leg of lamb, tied
4 cloves garlic, minced
2 tablespoons extra-virgin olive oil
1 tablespoon dried rosemary
1 tablespoon dried thyme leaves
1 tablespoon Dijon mustard
1 tablespoon kosher salt
2 teaspoons ground black pepper

Preheat oven to 425 degrees F.

Line a roasting pan or 9"x13" pan with aluminum foil.

Combine garlic, olive oil, rosemary, thyme, Dijon mustard, salt, and pepper.

Spread the garlic mixture evenly over the lamb.

Place the lamb, fat side up, in the prepared pan.

Place the lamb in the oven.

Roast the lamb until it reaches an internal temperature of 135 degrees F for medium (about 1 hour and 30 minutes to 1 hour and 45 minutes).

Let rest 15 minutes. The internal temperature of the lamb should reach about 145 degrees while resting.

Based on the following two recipes:

<https://ifoodreal.com/boneless-leg-of-lamb-roast-recipe/>

<https://damndelicious.net/2019/04/06/roasted-leg-of-lamb/>