

garlic & rosemary lamb shoulder

cooking time 4hrs

serves 6



this recipe is free from gluten, dairy and sugar.

ingredients

1.5kg certified organic lamb shoulder, bone in
4 garlic cloves, minced
4 tbsp extra virgin olive oil
1 bunch rosemary leaves
Salt & pepper

method

1. Pre-heat oven to 200°C.
2. Combine garlic, olive oil, rosemary, salt & pepper. Rub over both sides of lamb.
3. Place lamb into roasting pan, cover tightly.
4. Place in oven & reduce heat to 150°C.
5. Roast for 4 hrs or until meat falls apart easily.
6. Remove cover in final 15 mins to brown surface.



call us on 07 3379 3815

visit us at 385 sherwood rd, rocklea qld
info@sherwoodrdorganics.com.au

recipe by casey-lee from live love nourish

sherwoodrdorganics.com.au