



## **LEG OF LAMB WITH HERBS AND MUSTARD**

Intermediate Lifestyle

### **Ingredients**

2 TBS minced fresh thyme  
1/4 TSP ground bay leaves  
1 garlic clove, minced  
1 (4-pound) rolled boneless leg of lamb  
1-1/4 TSP sea salt, divided  
1 TSP freshly ground black pepper  
1/3 cup Dijon mustard  
6 rosemary sprigs  
1/2 cup water  
1/2 cup low-salt beef broth

### **Instructions**

1. Combine first 3 ingredients, stirring well. Unroll roast; trim fat. Re-roll roast; secure at 1-inch intervals with twine. Cut 10 (1/2 inch-deep) slits in surface of roast; stuff thyme mixture into slits. Sprinkle with 3/4 TSP salt and pepper. Brush mustard over roast. Cover and chill 12 hours.
2. Preheat oven to 425°.
3. Arrange 3 rosemary sprigs crosswise on the rack of a broiler pan, and top with roast. Arrange 3 additional rosemary sprigs on top of roast. Bake at 425° for 50 minutes or until a thermometer registers 145° (medium-rare) or desired degree of doneness. Discard rosemary. Let roast stand 20 minutes before slicing.
4. Combine water and broth; add to broiler pan. Cook over medium heat; bring to a boil, scraping pan to loosen browned bits. Cook 4 minutes or until mixture measures 1/2 cup; stir in remaining 1/2 TSP salt. Slice roast; serve with sauce.