



Roast Leg of Lamb, Cauliflower & Shallots

Intermediate Lifestyle

INGREDIENTS

1 cup fresh tarragon leaves
1 cup flat-leaf parsley leaves
4 TBS extra-virgin olive oil, divided
2 TBS Dijon mustard
2 cloves garlic
Zest and juice of 1 lemon, divided
2 TSP salt, divided
1 TSP freshly ground pepper
1 - 4 to 4-1/2-pound boneless leg of lamb, trimmed
1 pound shallots
2 medium heads cauliflower
1 TBS capers, rinsed
1/2 cup reduced fat sour cream

INSTRUCTIONS

—Preheat oven to 425°F.

—Place tarragon and parsley in food processor. Add 2 TBS oil, mustard, garlic, lemon zest, 1 TSP salt and pepper; process until fairly smooth. Transfer 3 TBS of mixture to medium bowl; set aside for last step.

—If lamb is in oven-safe netted bag used by supermarkets, remove the bag. Open the lamb so it's flat. Spread 3/4 of remaining herb mixture over surface of the lamb. Roll lamb closed; tie in several spots with kitchen string so it's about the shape of a large football; transfer to large roasting pan and spread the remaining herb mixture over top and sides.

—Leaving root end intact, peel and halve shallots (quartering larger ones). Trim, cut cauliflower into 2-inch florets. Combine shallots and cauliflower in large bowl with remaining 2 TBS oil and 1 TSP salt.

—Roast the lamb in center of oven for 20 minutes. Add vegetable mixture to the pan around the lamb. Continue to roast, stirring vegetables every 20 minutes or so, until golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 140°F (for medium-rare) to 145° (for medium), 1 hour to 1 hour 20 minutes more. Transfer lamb to a clean cutting board; let rest for 10 minutes. Stir capers into vegetables.

—Add lemon juice and sour cream to the bowl with the reserved herb mixture; stir to combine. Slice lamb and serve with the vegetables and sauce.

SERVING INFO: (Serves 12)

3-4 oz. lamb + 1/2 cup vegetables = 1 P, 1 V

See photo of this recipe at [Instagram](#) and [Facebook](#)