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MARINATED LAMB w/ORANGE CHIMICHURRI Intermediate Lifestyle

Ingredients

Lamb:

- 3 TBS Dijon mustard
- 2 TSP grated orange rind
- 1 TSP ground cumin
- 1 TSP paprika
- 1/4 TSP ground cinnamon
- 1/4 TSP crushed red pepper
- 6 garlic cloves, minced
- 1 (4-lbs.) Boneless leg of lamb, trimmed
- 1 TSP salt
- 1/4 TSP freshly ground black pepper
- cooking spray

Orange Chimichurri:

- 1 cup packed fresh cilantro leaves
- 2/3 cup packed fresh basil leaves
- 1/2 cup packed fresh parsley leaves
- 1/3 cup fresh orange juice
- 2 TBS fresh lemon juice
- 1 TBS extra virgin olive oil
- 1/4 TSP ground cumin
- 1/2 TSP salt
- 1/4 TSP freshly ground black pepper
- 2 garlic cloves, peeled

Instructions

1. **To prepare the lamb**, combine the first 7 ingredients in a small bowl; rub over lamb. Place lamb in a large zip-top plastic bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
2. Preheat oven to 400°.
3. Remove lamb from bag. Discard any remaining marinade. Sprinkle the lamb evenly with 1 TSP salt and 1/4 TSP pepper. Roll lamb; secure lamb at 2-inch intervals with twine. Place lamb on a rack coated with cooking spray; place rack in pan. Bake at 400° for 55 minutes or until a thermometer registers at 145° (medium-rare) or desired degree of doneness. Let Roast stand 20 minutes before slicing.

To prepare orange chimichurri, combine the cilantro and remaining ingredients in a food processor. Process until smooth. Sere with lamb.

Portion-Per-Serving Information (Yields 8 serving)

1 serving = 3 oz. Lamb and 1-1/2 TBS orange chimichurri = 1 P

*<http://www.myrecipes.com>