



SHOULDER OF LAMB STUFFED WITH NETTLES & HAZELNUTS

Ingredients cost: £14.65

Servings: 8

Prep Time: 20 minutes

Cook time: 1 hour, 45 minutes

INGREDIENTS:

1 lamb shoulder, deboned
(ask your butcher to do this)

150g nettles, thoroughly
washed and stalks removed

70g hazelnuts, toasted and
roughly chopped

8 anchovy fillets, finely chopped

1 bulb garlic, cloves peeled and
crushed

Zest of 2 lemons

Think of nettles as a leafy vegetable, like spinach; they have a lovely iron rich flavour and are apparently very nutritious. Make sure to wear thick gloves when picking and only take the tips. Wash them well once you get home and blanch them in boiling water to remove the sting.

This makes a lovely alternative to the usual Easter roast but of course if you don't fancy nettles, spinach will work just as well.

METHOD:

1. You will also need some string, for tying the lamb.
2. Bring a pan of water to the boil and add the nettles. Bring back to the boil and simmer for a few minutes, then drain. They're now safe to eat.
3. Lay the lamb flat on a work surface, skin side down. Make several slashes in the meat, to allow the stuffing to sit evenly across the surface of the lamb and penetrate the meat.

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METHOD CONTINUED:



4. Combine the chopped nettles, hazelnuts, garlic, anchovies and lemon zest and mix well.

5. Cover the lamb with the stuffing mix and season with salt and pepper.

6. Roll up the lamb and secure it tightly by wrapping three pieces of string around it horizontally and knotting. You may also need to secure it from either end in the same way. The idea is to cook the lamb evenly and keep the stuffing inside, so don't worry too much about your knotting skills!



7. Light the Jupiter Outback BBQ gas burners and set them to medium. Close the lid and leave to heat up to 180C.

8. Once the BBQ has reached temperature, open the lid and turn off two of the burners, leaving 2 on medium heat. Place the lamb on the unlit side of the BBQ and close the lid. Cook for 1 hour and 45 minutes, turning once (or until the lamb is cooked and an instant read thermometer registers 54-56C).



9. Allow the lamb to rest for 10 minutes before carving.

