



Lamb Shoulder Roasted in Freekeh & Peas

Roast lamb shoulder is a super easy cook that's almost impossible to ruin, with just a little seasoning needed

Serves: 4

Prepare: 20 Minutes

Cook: 1 Hour 40 Minutes

Difficulty: easy

Ingredients

- [2.5kg shoulder of lamb \(on the bone\)](#)
- 1tbsp rough sea salt
- 1tbsp dried Greek oregano
- 1tbsp dried crumbled rosemary
- ½tsp freshly ground black pepper
- 1 whole head of garlic, broken into cloves, unpeeled
- 2 large onions, cut into six wedges through the stem
- 200g freekeh (or coarse tracked wheat)
- 250g fresh podded peas (from 500g pods or you can use frozen)

Method

1. Use a sharp knife to make deep slits down the lamb shoulder. Mix the salt with the oregano, rosemary and pepper and rub it all over the lamb. Place it on a large roasting tray and leave it to marinate for about two hours. Alternatively, cover and leave it in the fridge for up to six hours
2. Heat your oven to 200°C. Once the oven is hot, place the lamb in the centre and roast for 25-30 minutes or until golden all over
3. Add the whole garlic cloves and onion wedges to the roasting tin and return to the oven for another 10 minutes. Remove again. Pour two cups of boiling water over the food and cover the tray. Reduce the oven to 180°C and roast it for an hour
4. Remove from the oven, baste really well with the liquid that has formed in the bottom of the roasting tray and add the freekeh. Make sure the freekeh is submerged in liquid to just cover it. You can top it up a little if needed
5. Take out the roasting tin. Reduce the heat to 160°C and put it back in for another 40 minutes. Remove again, baste the lamb with a few tablespoons of fresh water, then add the peas to the freekeh and return to the oven for the final 20 minutes before serving