



Spring has sprung and Easter is here.

Easter time – what does that mean to you?

A time for family gatherings? An opportunity to let loose and gorge on chocolate eggs and hot cross buns!!

Let's look at it from a different point of view. How have you been getting on so far? How happy you will be to continue with your weight loss? This time of year can be difficult when normal routines are disrupted. Why not treat this Easter holiday differently and follow our tips to stay focused and motivated.

Everything in moderation.

Be mindful of your portion size.

Keep in mind the food pyramid.

Food should be enjoyed.

Try this recipe, a delicious Easter Sunday lunch favourite, it can be served with a selection of seasonal vegetables, go on give it a go!



For further information please contact healthy.eating@hse.ie Sonja Lynch, Community Dietitian, HSE Dublin South

Roast lamb with garlic and herbs

Ingredients - Serves 10 Adults

- 1 boneless half leg of lamb, trimmed - around 1½ kg / 3½lb
- 1 medium onion, roughly chopped
- 125ml / ¼ pint of water
- 2 large cloves of garlic, peeled
- 2 dessertspoons of root ginger, chopped
- Grated rind of a small lemon
- 2 tablespoons of parsley, chopped
- 2 tablespoons of mint, chopped
- 1 tablespoon of rosemary, chopped
- 1 tablespoon of olive oil

Method

1. Preheat oven to 180°C / 350°F / Gas Mark 4
2. Put the garlic, ginger, lemon rind, parsley, mint and rosemary in a food processor. Switch on for a minute or two until everything is finely chopped
3. Switch on again and add the oil slowly until you have a bright green mixture
4. Set the mixture aside. If you don't have a food processor, just finely chop everything with a knife
5. Place the joint in a roasting pan with the onion and water, cook, allowing 20 to 25 minutes per ½kg / 1lb
6. 30 minutes before the end of cooking time remove from the oven; spread the herby mixture over the joint. Return to the oven and finish cooking
7. Keep an eye on the water level and top it up if necessary
8. When the lamb is cooked remove from the pan and keep warm. Discard the onion and remove excess fat
9. Boil up the pan juices and reduce to syrup. This will take 2 to 3 minutes
10. Season and serve