

Pulled Lamb Sliders



Take 5 minutes at the start of the day, so that at the end of a day on the water, or playing backyard cricket, you know that dinner is done!

Ingredients

6 cloves garlic, peeled and sliced in half
4 sprigs rosemary
2 kg Leg of Lamb
2 tablespoons mint jelly (sauce)
8 slider buns

Method:

1. Place garlic and rosemary into the bottom of a slow cooker (approx. 6.5 litres).
2. Pop the leg of lamb on top and pour over 1/2 cup of water.
3. Cook on low for 8 hours or high for 4 hours.
4. When the lamb easily shreds with two forks, remove it to a plate and cover with foil.
5. Scrape the rosemary leaves from the sprigs (discard the sprig), smash the garlic cloves in the

juice, add the mint and season with sea salt and cracked pepper.

6. Pour the juices into a frying pan and over high heat, reduce by half, stirring every 10 minutes or until thick and sticky.
7. Add the lamb back. Shred and stir through the mint jelly.
8. Build your lamb sliders with the pulled lamb and other fillings.