



Pro Tip Recipes

PREP TIME 15 MIN | COOK TIME 40 MIN | SERVES 10

BUTTERFLIED LAMB LEG

Method

1. Pre-heat barbeque to a high heat (hood down). Remove lamb from the fridge 30 minutes before cooking. Place oil in a bowl, add rosemary brush. Brush oil all over lamb and season.
2. Reduce heat to medium. Place lamb on hot grill plate, skin side down. Cook for 15-20 minutes on each side, hood down or until an internal doneness of 58 ° C. Drizzle with lemon juice. Transfer lamb to a chopping board, cover loosely with foil and rest for 15 minutes.
3. Slice the lamb across the grain and serve with chargrilled lemon, cauliflower, tahini yoghurt and Lemon and Tomato salad.

INGREDIENT LIST

Lamb

- 1 x 2.5kg butterflied lamb leg, scored

Other Ingredients

- 30mls olive oil
- 1 bunch Rosemary
- Salt and pepper to season

Serving Suggestions

- Chargrilled lemon
- Roast Cauliflower
- Tahini Yoghurt
- Lemon and tomato Salad

