

Roast & Carvery

PREP TIME 30 MIN | COOK TIME 1.5 HOURS | SERVES 10

GRILLED BUTTERFLIED LEG OF LAMB

Method

1. For Rub: combine all ingredients and 3g salt flakes in a bowl.
2. Score lamb at 3cm intervals and rub all over with spice rub. Cover and chill for 2 hours or overnight in refrigerator. Stand at room temperature for 30 minutes before roasting.
3. Pre-heat grill or barbeque to high on one side and medium on the other. Place lamb on the hot side to get a good char on the lamb. When the internal temperature reaches 40 ° C, remove and place on medium side to finish. Cook until internal temperature reaches 56 ° C. Remove from heat, rest meat covered loosely with foil.
4. To make dressing: combine yoghurt, mint, cumin and 3g salt flakes in a bowl.
5. Place lamb and vegetables on a serving platter, scatter with extra mint and drizzle with some yoghurt and mint dressing.

INGREDIENT LIST

Lamb

- 3kg lamb leg, butterflied

Other ingredients

- 60mls olive oil

Spice Rub

- 20g garlic, crushed
- 25g ginger, finely grated
- 15g garam masala
- 30g ground coriander
- 15g ground cumin
- 10g turmeric
- 3g ground chilli
- 60g mint, leaves picked, chopped

Yoghurt Dressing

- 200g Greek style yoghurt
- 60g mint leaves, finely chopped
- 15g ground cumin

Serving Suggestions

- Yoghurt dressing
- Pomegranate Molasses
- Pomegranate aerals
- Roasted root vegetables
- Mescuilin Salad

