

Summer Lamb Recipes

PREP TIME 20 MIN | COOK TIME 35 MINS | SERVES 10

MIXED GRILL

Method

1. Lamb Kofta: Place the lamb in a medium bowl with the onion, parsley, red capsicum, salt, pepper, seven-spice mix and garlic. Bind together well.
2. Pour a little oil into a shallow bowl and use it to lightly coat your hands to stop the lamb sticking to them. Roll heaped tablespoonful of mixture into balls. Place on a lined tray, flatten slightly, cover and refrigerate for 1 hour to firm.
3. Bring Barnsley chops and lamb rumps to room temperature. Marinate chops and rumps in oil and rosemary. Pre-heat grill over high heat. Place chops and rumps on grill, cook for 3-4 ½ minutes, turn.
4. Remove chops and lamb rump from grill. Set aside, covered loosely with foil, to rest.
5. Reduce heat to moderate. Add sausages and Kofta to grill, turning regularly for 10-12 minutes. Remove from grill.
6. Carve lamb rumps across the grain. Serve mixed grill with Zesty Fattoush Salad, Salsa Verde, Salsa Roja and potato wedges.

INGREDIENT LIST

Lamb

- 1 kg Lamb rumps
- 2.5kg Barnsley lamb chops (double loin chops)
- 1kg lamb and rosemary sausages

Lamb Kofta

- 1 kg minced lamb
- 30g flat-leaf parsley, finely chopped
- 200g red capsicum, seeds & membrane removed, flesh grated, drained in a sieve
- 150g brown onions, grated
- 10g seven-spice mix
- 15g salt flakes
- 15g freshly ground black pepper
- 12g garlic, crushed
- Vegetable oil for cooking

Serving Suggestions

- Zesty Fattoush Salad
- Salsa verde and Salsa roja
- Potato Wedges

