

Butterflied Leg of Lamb



beef + lamb
new zealand

The boned, butterflied leg of lamb is delicious when teamed with exotic flavours. See over for recipe.

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Ask your butcher to butterfly a leg of lamb, then add this delicious spice rub before roasting in the oven.

Ingredients

- 125g almonds (toast in the oven till lightly browned), chopped
- 3 cloves garlic, peeled
- 1 tsp paprika
- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- ½ tsp chilli powder
- ½ Tbsp brown sugar
- Salt and pepper
- 100ml olive oil
- Grated rind & juice of 1 lemon



Method

Combine first 7 ingredients in a food processor and process to an even, fairly fine texture. Season with salt and pepper, add oil, lemon rind and juice. Evenly rub mixture over both sides of the lamb leg. Place lamb leg cut-side up on a rack over a roasting tray. Fan-bake in a pre-heated oven at 190°C for 15 minutes.

Turn the lamb over and roast another 15-20 minutes or until cooked to your liking. Rest in a warm place for 10-15 minutes before carving.

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Beef and Lamb New Zealand
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