

# butterfly lamb leg with rosemary salt & lemon & herb yoghurt

cooking time 40min

serves 6-10



## ingredients

1.5kg butterflied lamb leg  
1/4 cup extra virgin olive oil  
1/4 cup honey  
juice & zest of 1 lemon  
3 cloves garlic, crushed  
2 sprigs rosemary leaves  
4 sprigs thyme leaves  
sea salt

### rosemary salt:

good quality sea salt  
fresh rosemary leaves

### lemon & herb yoghurt:

3/4 cup unsweetened greek or coconut yoghurt  
juice & zest of 1 lemon  
2 tbsp mint, finely chopped  
2 tbsp flat leaf parsley, finely chopped  
2 tbsp dill, finely chopped

## method

1. pre-heat oven to 180 c.
2. in a large bowl mix olive oil, honey, lemon juice, lemon zest, garlic, rosemary, thyme and sea salt.
3. add butterflied lamb leg and rub with marinade. cover and refrigerate for 1-2 hours or longer.
4. place lamb onto a roasting tray with rack.
5. roast for 35-40 minutes or until cooked to liking. rest for 20 minutes, covered loosely with foil. slice when ready to serve.
6. to make rosemary salt, bruise rosemary leaves in a mortar & pestle. combine with sea salt. season lamb just before serving.
7. to make lemon & herb yoghurt, in a small bowl mix yoghurt with lemon juice, zest, mint, parsley and dill. serve alongside lamb.

### notes:

8. for extra caramelisation and colour (recommended), sear marinated lamb on stove top for 5 mins each side before transferring to oven.
9. for bbq option, pre-heat bbq. sear both sides of the butterfly lamb on the grill. Close the lid and BBQ roast for 35 mins or until cooked to liking.

