

Butterflied Marinated Lamb



Ingredients

2kg butterflied lamb leg	4 cloves garlic, crushed
½ bunch fresh oregano, finely chopped	½ cup extra virgin olive oil
½ bunch fresh parsley, finely chopped	Salt
Zest and juice of 1 lemon	Black pepper, freshly ground

Directions

Step 1 – **Purchase your pre-marinated butterflied Saltbush lamb leg from BBQs Plus Brighton East** – OR – combine the oregano, parsley, zest and juice of the lemon, garlic, salt and pepper in a small bowl. Place the butterflied lamb leg in a shallow baking dish and cover with the marinade. Ensure the lamb is evenly coated with the marinade and set aside for at least 1 hour, or overnight if possible.

Step 2 – Preheat the BBQ to medium-high – approximately 200°C. Place the butterflied lamb directly onto the grill and cook for approximately 4 minutes on each side. Remove the lamb, reduce the temperature of the BBQ to 150°C and set up your BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Once the BBQ has reached temperature, place the lamb on the trivet and close the lid.

Step 4 – Cook the lamb on the BBQ for at least 30 minutes, depending on the thickness of the lamb, or until the internal temperature has reached around 62°C. Remove the lamb from the BBQ, cover tightly with foil and rest for at least 10 minutes before carving. Serve with tzatziki and crispy roasted potatoes.

