



BUTTERFLIED LAMB LEG WITH KALE SALAD

Tender, juicy lamb leg and perfectly seasoned for maximum flavour. Pairs beautifully with a fresh, vibrant kale salad. Rich, satisfying, and surprisingly simple to prepare!



NORMAL



15 MINUTES



13 MINUTES



6 SERVES

Ingredients

- 1.5kg Lamb leg, butterflied
- 1/4 cup (60ml) Olive Oil
- 2 Red Onions, thinly sliced
- 1/4 Cup Currants
- 1 Bunch Kale, washed, trimmed, finely shredded
- 2 Medium Carrots, peeled, grated
- 2 tbsp Lemon Juice

Yoghurt Sauce

- 2 Garlic Cloves, crushed
- 1 cup (260g) Greek style yoghurt
- 2 tbsp finely chopped round mint + extra sprigs, to serve

Instructions

1. Preheat barbecue to medium and cook lamb, covered, for 25 minutes, turning halfway. Transfer to a clean plate, season, loosely cover with foil and rest for 10 minutes. Thinly slice lamb.
2. Meanwhile, heat oil in a large non-stick frypan over medium heat. Add onions and currants, season and cook for 10-12 minutes or until onions have softened and caramelised. Add kale, carrot and lemon juice; toss to combine. Cook for a further minute then remove to serving bowl. Serve with sliced lamb, yoghurt sauce and mint sprigs.
3. For the yoghurt sauce, combine all ingredients in a small bowl with half a teaspoon of sea salt flakes. Stir to combine, adding enough warm water to give it a thick creamy consistency.

Top Tips

1. Ensure the thickness of the butterflied lamb leg is even by slicing and opening out the thicker half. This will ensure even cooking.
2. Leftover lamb can be sliced and added to a salad with sliced baby cos lettuce and tabbouleh.
3. Make sandwiches from leftover lamb; other fillings can include pickles and sliced tomato or hummus and sliced cucumber.