

Butterflied Leg of Lamb with Lemon & Thyme

The perfect marinade for barbecued lamb

Serves: 4

Prepare: 1 Hour 5 Minutes

Cook: 50 Minutes

Difficulty: easy



Ingredients

- 10g thyme leaves, finely chopped
- 1 lemon, zest finely grated
- 1 tbsp garlic puree
- 1 tbsp [dijon mustard](#)
- 2 tbsp oil (we used rapeseed oil)
- 1 tsp runny honey
- Sea salt & cracked black pepper
- 1kg [organic butterfly leg of lamb](#)
- Vine tomatoes
- Lemon slices
- Fresh parsley

Method

1. In a bowl combine the thyme, lemon, garlic puree, mustard, oil and honey. Season the marinade generously with salt and pepper.
2. Completely coat the leg of lamb, gently cover and place in the fridge to marinate for 1 - 2 hrs. In the meantime, heat a griddle pan to 'high' or a BBQ to medium heat.
3. Remove the lamb from the fridge and allow to come to room temperature. Place the lamb on the griddle pan or BBQ and allow to caramelise for 2 -3 mins before turning and repeating on the second side. Preheat the oven to 180°C fan/gas 6.
4. Once charred, place the lamb on a roasting tin and place in the oven. Allow to roast uncovered for 30 minutes. Remove from the oven, cover with foil and allow to rest for 15 - 30 minutes - the longer the better.
5. Place on a large chopping board, thinly slice with a sharp carving knife and serve alongside vine tomatoes and lemon slices. Finish with a sprinkling of roughly chopped fresh parsley