

# SPICED BARBECUED LAMB

## INGREDIENTS

- 2.2kg leg of lamb, bone removed, meat butterflied
- 1 tablespoon olive oil
- 2 1/2 tablespoons bush blend spice mix

## METHOD

1. Lay lamb flat in a large ceramic dish. Drizzle over half the oil. Rub in half the spice mix with your fingertips. Turn meat and repeat with remaining oil and spice mix. Cover and refrigerate for 30 minutes.
2. Preheat a barbecue grill on high heat. Cook lamb, fat side down first, for 3 minutes each side. Reduce heat to medium. Cook for 15 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil. Stand for 15 minutes. Thinly slice and serve.

Serves 12

	Per Serving (187g)	Per 100g
Energy	1158	619
Protein	40.6	21.7
Fat – Total	12.6	6.8
- Saturated	5.6	3
Carbohydrate - Total	0	0
- Sugars	0	0
Sodium	115	62

**BIG  
RED  
BBQ**

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