



Gabriel Gaté – Darriwill Farm
Recipe Cards Spring 2008

Barbecued Butterflied Leg of Lamb with a Minted Couscous Salad

Serves 6



Ingredients

- 6 tbsp Oliviers and Co extra virgin olive oil (Darriwill Farm)
- 1/2 tbsp freshly ground black pepper (Darriwill Farm)
- 1/4 tsp ground chilli
- 1 tsp fennel seeds (Herbie's - Darriwill Farm)
- 1 tbsp ground cumin (Herbie's - Darriwill Farm)
- 1 butterflied leg of lamb, trimmed of most visible fat
- 1 1/2 cups couscous (Darriwill Farm)
- salt
- juice of 2 lemons
- 12 mint leaves, finely chopped
- 2 cloves garlic, very finely chopped
- 4 medium tomatoes, diced
- 2 tbsp chopped parsley

Method

It's a good idea to marinate the lamb with the spicy seasoning for about 2 hours before cooking it.

In a large bowl mix 3 tbsp extra virgin olive oil with the black pepper, chilli, fennel seeds and cumin. Rub the butterflied leg of lamb all over with this marinade.

Bring 1 1/2 cups salted water to the boil. Add the couscous, return to the boil and mix well. Turn off the heat, cover with a lid and leave for 5 minutes. After that time, transfer the couscous to a bowl, mix in remaining olive oil and allow to cool.

Season lamb with salt. Cook lamb on a medium barbecue for about 10 minutes on each side. Then remove from heat and rest for 10 minutes before carving the meat into thin slices.

Add lemon juice, mint leaves, chopped garlic diced tomatoes and parsley to the couscous.

Serves the couscous salad with the slices of lamb.

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