

## **BARBECUED LEG OF LAMB WITH GARLIC & ROSEMARY**

### **Serves 6-8**

1 Whole De-boned Leg of Lamb

#### For the rub:

1 tsp Paprika  
1 tbsp Rosemary Leaves  
1 tin of Anchovies, drained and finely chopped  
2-3 cloves creamed Garlic  
Olive Oil  
Sea Salt  
Freshly ground Black Pepper

#### To prepare the rub:

Mix together the paprika, rosemary, anchovies, garlic, olive oil, sea salt and pepper.

Lay the leg of lamb, flesh side down, on a board, and make several deep cuts across the skin. Rub the herb mixture all over the lamb, turn it over and continue to rub the mixture into the flesh.

Place the lamb straight onto a very hot barbecue, or into a roasting tin in the oven (190C, Gas 5). If you like your lamb pink, cook for approx. 15 mins per lb. Once cooked, leave to rest in a foil parcel. Cut into thick slices to serve. Serve with barbecued or roasted vegetables.

#### For the vegetables:

Olive Oil  
A selection of all or some of the following:  
Potatoes (parboiled for 5 mins and drained)  
Red Onions, cut into 1/8ths  
Courgettes, cut into rings  
Peppers, de-seeded and quartered  
Baby Corn  
Mushrooms  
Tomatoes, halved  
Few Sprigs Rosemary

## Salt & Pepper

Pour a little olive oil into a large roasting tin. Place a mixture of prepared vegetables into the tin. Season with salt and freshly ground pepper and roast until they are softened and tinged at the edges. Alternatively, cook the vegetables on your BBQ.

Serve alongside the chunks of lamb.