

# Your Saturday night in...

If you're staying in on Saturday evening, why not try this recipe.....

Bundle herbs and flavourings into the middle of the joint, letting the flavour permeate all the way through the meat

Prep: 20 mins

Cook: 45 mins

Serves: 8



## Barbecued saddle of lamb with lemon & rosemary

### Ingredients

- 1 boned saddle of lamb, about 2kg/4lb 8oz
- large bunch rosemary, sprigs left whole
- 3 garlic cloves, chopped
- 2 lemongrass sticks, woody outers removed, then cut in half lengthways
- zest and juice 3 lemons
- 200ml olive oil

### Method

- 1 Open up the saddle, then put the rosemary, garlic and lemongrass along the length of the joint. Season with salt and freshly ground black pepper, then roll back up, keeping it as tight as possible. Tie with string. Lightly score the fat and season all over.
- 2 Mix the lemon zest with the olive oil, then use to baste the lamb. You can leave it to marinate in the fridge for up to a day at this stage. Bring back to room temperature before cooking and lift out of the lemon oil. When your barbecue is hot and the flames have subsided, put the lamb to the side of the coals, rather than directly over them – this will help the lamb to cook gently and prevent it burning. Cook the lamb for 45 mins for medium rare, turning it regularly, or for longer if you prefer your lamb well done.
- 3 Transfer the lamb to a serving platter and leave to rest for at least 10 mins. Pour over the lemon juice just before serving.