



# BUTTERFLY LAMB WITH GREEK SALAD



BBQ

Bring a touch of Greece to your camping trip! Everyone will love this and the marinade on the lamb is absolutely delicious and tangy!

Serves 6 people  
Prep Time 40 Minutes

- 1-1.2kg** Boneless leg of lamb, butterflied
- 1.5 tbsp** Dijon mustard
- 1.5 tbsp** Garlic paste or crushed garlic
- ¾ tbsp** Dried Oregano
- 1 tsp** Salt
- ½ cup** Red wine (optional)
- 1** XL zip lock bag for marinating

## SALAD

- 1 punnet** Cherry tomatoes cut in half
- 1 medium** Continental Cucumber sliced
- 1 small** Yellow or red capsicum sliced
- Large handful** Kalamata Olives pitted and cut in half
- 150g** Plain or marinated Greek feta cubed
- ½ tsp** Oregano
- 1 tbsp** Extra Virgin Olive Oil
- Salt to taste

1. For best results marinate meat overnight or for at least 4 hours before cooking.
2. To make the marinade paste, in a bowl combine Dijon mustard, garlic, oregano and salt. Stir to combine ingredients.
3. Place lamb on tray and massage paste into the lamb on both sides. Place lamb in zip lock bag and pour in the wine over the lamb. Close bag and place it in the fridge laying down. At some stage turn zip lock bag over so wine marinates the other side.
4. Preheat BBQ (all burners) on high heat for 5 minutes then reduce heat to medium-high.
5. Place lamb on BBQ grill (fat side down) and cook for 5 minutes on each side, closing the hood each time.
6. Reduce heat to low, leave hood down and cook each side for a further 10-12 minutes on each side or until cooked to your liking.
7. Remove from BBQ and let rest for 10 minutes covered before slicing.
8. For salad, combine all ingredients and add oregano and mix through olive oil. Taste salad before adding salt as it may not need any with the olives and feta in the salad.
9. Can be served with bought or homemade pita bread & tzatziki.

THE OUTDOORS MADE EASY.