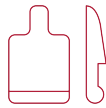




Lamb Rump with Spiced Yoghurt Sauce & Grilled Cos Lettuce



DIFFICULTY: EASY



PREPARATION TIME: 15 MINUTES (+ MARINATING TIME)



COOKING TIME: 20 MINUTES (+ 10 MINUTES RESTING TIME)



SERVES: 4

Ingredients

- ¾ cup plain Greek yoghurt
- 1 small lemon, juiced and zested
- 1 tbsp extra virgin olive oil, plus 2 tsp extra for drizzling
- 4 tbsp fresh mint, finely chopped
- 1 tbsp [Gewürzhaus Greek Grilling Spice](#)
- Salt & pepper to taste
- 2 x 300g lamb rump roasts

For the Cos Lettuce

- 2 Baby cos lettuces
- 2 tbsp pomegranate seeds
- 2 tsp extra virgin olive oil

Method

Set oven to CircoRoast at 200°C.

In a medium sized bowl, mix together Greek yoghurt, lemon zest and juice, extra virgin olive oil, mint, Gewürzhaus Greek Grilling Spice and salt & pepper and stir well. Set aside 2/3's of this marinade in a small bowl to serve with the lamb.

Trim any silver skin from the lamb rumps and add them to the remaining yoghurt mixture and coat well. Leave to marinade for at least 15 minutes or up to an hour.

Line a universal tray with baking paper and place the lamb rumps on the tray and into the oven on Level 3.

Cook the lamb for 20 minutes, then remove from the oven and rest for 10 minutes, covered with foil.

While the lamb is resting, turn the oven temperature down to 160°C.

Cut each cos in half lengthways leaving the stems intact and brush cut sides with the extra virgin olive oil. Place on a universal tray, cut side up on Level 4 and cook for 4 minutes.

Slice each lamb rump into 4 thick slices. Divide between 4 plates and add a cos lettuce half to each plate. Dress with a little of the extra yoghurt sauce and a drizzle of extra virgin olive oil over the lamb and cos. Top the lettuce with a sprinkle of pomegranate seeds and extra mint leaves.

Notes

