



**CLONAKILTY**

## **BUTTERFLIED LEG OF LAMB WITH YOGURT & CORIANDER MARINADE**





## **Butterflied Leg of Lamb with Yogurt & Coriander Marinade**

Recipe by Chef Edward Hayden

### **Ingredients**

- 1 leg of lamb-butterflied
- 9floz/250ml Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- 1 bunch coriander-chopped
- 1 dessertspoon of chopped fresh mint
- 4 cloves of garlic-crushed
- 1 teaspoon of ground coriander



- 1 teaspoon of ground cumin
- 3 dessertspoons of olive oil
- Seasoning

## Directions

- Open out the butterflied leg of lamb. Mix all the ingredients for the marinade together and spread over the leg of lamb. Leave to marinade for at least two hours but more if time allows
- Preheat the grill pan until it is quite hot. Seal the lamb on both sides for 4-5 minutes
- Season lightly with a little salt and pepper, drizzle with oil and roast in the oven for 1-1½ hours (15 minutes per 450g/1lb for rare and 20 minutes per 450g/1lb for medium) turning over half way through the cooking.
- Serve the lamb with some delicious greens and some rustic roasted potatoes.