

# Sweet Chilli BBQ Lamb



This super tasty and super simple BBQ Lamb, creates the perfect summer Sunday roast.

## **Ingredients**

- 1 kg butterflied lamb leg roast
- 1 cup sweet chilli sauce
- 2 tbsp olive oil
- 6 fresh rosemary stalks

## **Method:**

1. Remove the roast from the fridge at least 30 minutes before you are ready to cook, so the lamb comes up to room temperature.
2. Preheat the BBQ to high.
3. Use a sharp knife to cut incisions in the meat and fill with fresh rosemary sprigs.
4. Drizzle lightly with oil and season with sea salt and cracked pepper.
5. Once the BBQ is hot, cook the meat for 5 minutes each side; you want a nicely seared crust.
6. Reduce the heat to medium low, brush with sweet chilli sauce and cook, for another 10 minutes

for medium doneness, turning every 3 minutes and brushing with sweet chilli.

7. When cooked to desired doneness, transfer to a serving plate, cover loosely with foil and rest in a warm place for 10 minutes before carving.
8. Carve across the grain to ensure tenderness.