

Indian spiced roast lamb

Serves 4

Preparation time: 15 minutes

Cooking time: 1 hour 20 minutes, plus 15 mins resting time

1.5kg easy carve leg of lamb, fully trimmed
90g (1/3 cup) natural yoghurt, low fat
1 tbsp lemon juice
1 tbsp Tikka curry paste
1/2 head (about 400g) cauliflower, trimmed, cut into florets
1 tsp ground cumin
1 small head (about 250g) broccoli, trimmed, cut into florets
2 red capsicum, seeded, cut into wedges
130g (1/2 cup) tzatziki, to serve
680g (4 cups) steamed basmati rice, to serve



Preheat oven to 180°C or 160°C fan forced. Combine yoghurt, lemon juice and curry paste in small bowl. Cut 6-8 slashes across the top of the lamb. Rub yoghurt mixture into lamb to evenly cover.

Place lamb on a roasting rack over a large roasting dish. Roast lamb for 1 1/2 hours, for medium. Remove from oven, cover loosely with foil, set aside to rest for 15 minutes.

Meanwhile, place cauliflower and capsicum on a baking tray lined with baking paper, spray with olive oil and sprinkle with cumin. Roast for 20 minutes, adding broccoli and to tray for last 10 minutes of cooking time, or until vegetables are golden and tender.

Slice lamb against the grain. Serve lamb with the roasted vegetables, steamed rice and a dollop of tzatziki.

Use leftover lamb for sandwiches