

MICHAEL'S YOGHURT MARINATED BBQ LAMB RUMP WITH SPICED LENTIL & CARROT DIP



Serves 6



Prep Time 15 minutes



Cook Time 15 minutes



INGREDIENTS

- 1 Tbsp curry powder
- ½ cup natural unsweetened yoghurt
- 4 cloves of garlic, peeled and crushed
- 1 Tbsp sea salt
- Juice of 1 lemon
- 3 large lamb rumps, fat trimmed off
- 1 pkt flat bread or naan bread
- 1 cup coriander, chopped

METHOD

1. Preheat the oven or BBQ to 190°C. Mix the curry powder, yoghurt, garlic, salt and lemon juice in a large bowl. Slice the lamb rumps in half lengthways and add to marinade, coating evenly. Refrigerate for 30 minutes.
2. Heat an ovenproof fry-pan over a high heat. Sear lamb on all sides then put pan in oven for 12 minutes. If using BBQ just

- 180g tub **The Good Taste Company Spiced Lentil & Carrot Dip**

sear the lamb before closing the lid to cook. Remove the lamb and rest for 5-10 minutes.

3. To serve, generously spoon **The Good Taste Company Spiced Lentil & Carrot Dip** onto a serving dish, top with sliced lamb and sprinkle with a pinch of curry powder. Serve with flatbread or naan on the side. Alternatively top naan with **The Good Taste Company Spiced Lentil & Carrot Dip**, garnish with coriander and more yoghurt if wished.