

Barbecued Lamb with Rosemary Chilli Sauce



Prep 10 minutes
Cook 35 minutes
Serves 4

2 trimmed lamb backstraps
(approx 250-300g each),
at room temperature
salt and ground black
pepper to season
1 tbsp **Essential Cuisine
Basil Pesto**

2 tbsp lemon juice
1 red and 1 yellow pepper,
cut in thin (1cm) strips
2 tbsp olive oil
300-350g pumpkin, cut into
thin (1cm) wedges, skin on

Rosemary Chilli Sauce
250g **Essential Cuisine
Lamb Jus**

4 tsp brown sugar
2 tbsp balsamic vinegar
½-1 tsp finely chopped red
chilli, to taste
½ tsp finely chopped
rosemary or thyme
salt and ground black
pepper to taste

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With fresh lamb jus at hand you can create all kinds of delicious sauces in a flash; this flavoursome sauce turns a simple barbecue into something stylish.

To prepare lamb: Rub salt and pepper into the lamb and place in a bowl. Mix the **Essential Cuisine Basil Pesto** and lemon juice together to combine and rub into the lamb. Cover and marinate for an hour or for up to 8 hours in the fridge.

Heat a barbecue hot plate or grill to high. Grill the lamb until medium rare, about 2 minutes each side, or until cooked to your liking. Remove lamb onto a platter and rest for 5-10 minutes before slicing.

While meat cooks, lightly oil (1 tbsp) and season the pumpkin wedges with salt and pepper. Grill for 2 minutes each side, or until cooked through. When the pumpkin is half cooked, add the peppers,

turning frequently until they are slightly softened and starting to char.

To prepare sauce: Place the **Essential Cuisine Lamb Jus** in a small saucepan with brown sugar, balsamic vinegar, chopped chilli and rosemary. Simmer over medium heat until it the mixture is quite thick and glossy, 15- 20 minutes. Season to taste. (Makes 130-140ml of sauce. It can be made ahead of time, kept in the fridge for weeks and reheated on serving.)

To serve, divide the peppers and pumpkin between four serving plates. Angle slice the lamb and divide between the plates. Finish by spooning hot sauce around the plates.

