

മുട്തേരബ സ്പൈസേഡ് പാറ് റോസ്റ്റ് ലാമ്പ്



Method

In a blender combine all the ingredients and blend to a paste. Coat the lamb leg all over with the mixture and leave to marinate in the fridge for 4 hours. Heat your oven to 200 degrees Celsius. Place your lamb leg in a pot and roast with the lid on for approximately 45 minutes or until cooked. To brown take the lid off if necessary for 15 minutes at the end of the cooking time.

Ingredients

50mls oil
2 inch piece fresh root ginger
2 cloves garlic
1 onion sliced
1 chilli/capsicum sliced (optional)
2 tsp salt
Juice of 1 lime
1 cup coconut milk
2 level tbsps [Mudgeeraba Spices South Indian Vegetable Curry Blend](#)
2kg lamb leg

