



Sumac Crusted Lamb Rump with Lentil & Bar

6
Serves

Method

Ingredients

For the salad, pre-cook barley and lentils to pack directions, drain well and refrigerate until required.

Combine sumac, oil and seasonings. Rub all over lamb rumps and set aside covered for 20 minutes.

Pre-heat a hooded barbecue to 200°C, place lamb on a baking or foil tray and place on barbecue plate. Turn off the burner directly under where the lamb is sitting. Pull lid closed and cook lamb for 25 minutes for medium. Allow to sit covered for 15 minutes before slicing.

Combine barley and lentils with the remaining salad ingredients. Toss well.

Serve sliced lamb with salad and accompany with yoghurt, sumac, mint and lemon wedges.

Recipes

We strive for perfection and have been delivering the finest meat for five generations and counting.

ALL RECIPES



About Us

Five generations. Dedicated to perfection.
Serving the finest cuts of pure Australian beef and lamb to Australia and the world.
We never compromise on quality.

Distributors

One of Australia’s largest meat wholesalers with distribution hubs in Brisbane, Sydney, Adelaide and Swan Hill, Victoria.



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Sure, we have a large network and we’re constantly on the go. But, you’ll be surprised by how much we love hearing from our customers.

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