Butterflied Leg of Lamb  
   
1.  Remove plastic netting or twine from around the leg of lamb, if any, and open up the roast on a cutting board.  
2.  Place the boned side of the roast up.  
3.  Preheat an oven to 400 degrees F (200 degrees C).  
4.  Sprinkle the upper side of the meat with salt and pepper, and then spread spinach leaves over the top of the roast to within 1/2 inch of the edges.  spoon the brown rice & mushroom pilaf (recipe below) onto spinach leaves.  
5.  Roll the roast up into a tight cylinder, and tie the roast together with kitchen twine at 2 inch intervals. It's okay if a little stuffing protrudes from the sides of the roast.  
6.  Roast to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 40 minutes. Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.  
   
Brown Rice & Mushroom Pilaf  (Andrea Lloyd recipe from Foodtown magazine)  
2 TBS olive oil  
1/2 onion, finely chopped  
2 stalks celery, finely chopped  
1 cup medium grain brown rice  
3 cups chicken stock  
200g each flat mushrooms and button mushrooms, sliced  
freshly ground black pepper to taste  
   
1. Sauté onion and half the celery in 1 TBS olive oil until soft.  
2.  Add the rice and chicken stock, bring to boil, stirring occasionally.  Lower the heat and cover and simmer for 25-30 minutes.  
3.  Heat the remaining olive oil in frying pan and sauté the mushrooms until cooked.  
4.  Once the rice has absorbed all the stock, fold the mushrooms and the remaining celery through.  
5.  Season with pepper.