



**READY TO COOK**  
BY HARRIS FARM

## MARROCAN SPICED LAMB RACKS WITH OLIVE TOMATO SALSA



PREP  
**15 min**



COOK  
**30-40 min**



SERVES  
**4**

### INGREDIENTS:

- > 2 Lamb Racks
- > ¼ Cup Kalamata Olives pitted
- > 3 Tomatoes ripe
- > 1 ½ Tbsp Capers
- > 170g Marinated Artichokes
- > ½ Bunch Parsley
- > ½ Bunch Mint
- > 1 tsp Ground Cumin
- > 1 Lemon

## METHOD - GET COOKING!



**1** Remove the racks from the fridge at least 1 hr before cooking and preheat the BBQ to high heat.

**2** Finely dice the tomatoes, roughly chop the kalamata olives, chop the capers, chop the artichokes, and grate the zest of ½ a lemon. Place them in a mixing bowl.

**3** Wash, pick and finely chop the mint and the parsley, add to the bowl and add ½ cup of olive oil. Add the cumin and season with salt and pepper. Mix well and set aside.

**4** Place the lamb racks on the grill and sear for approx. 3-5mins on each side until golden brown. Turn the BBQ down to medium low and cover with a lit. If using charcoal, move the fire

**5** Cook for 15-20mins for medium rare or for a bit longer depending on the doneness that you will like the meat to be cooked. If using a thermometer, pierce in the middle of the meat and check that the internal temperature is approx. 55°C for medium rare. Let it rest for at least 10-15mins before cutting through into cutlets.

**6** Serve warm with tomato and olive salsa.

### CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



### FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)