



READY TO COOK
BY HARRIS FARM

MEDITERRANEAN SPICED RACK OF LAMB WITH BEETROOT TZATZIKI & GREEN BEANS



PREP
15 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 100g Almond Flakes
- > 1 Spanish Onion
- > 700g-1.3kg Lamb Rack Bone In
- > 1 Tbsp Moroccan Spice Mix
- > 500g Green Beans
- > 200g Unsweetened Yoghurt
- > 250g Baby Beetroots
- > 120g Mixed Salad Leaves
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Zaatar Spice Mix
- > Salt and Pepper
- > Caramelised Balsamic Vinegar

METHOD - GET COOKING!



1

Preheat the oven to 180°C. Bring a medium size pot with water to the boil.

Place the almond flakes on a baking tray and roast for 3-5 minutes until golden, then remove and set aside.

Cut the top off the green beans and set aside.

Cut the Spanish onion into wedges and place on a lined baking tray. Drizzle with olive oil and caramelised balsamic. Toss well and set aside.

2

Pat dry the lamb and season with salt and pepper, sprinkle Moroccan spice mix and rub well.

Bring a frying pan to high heat, drizzle with olive oil and sear all sides of the lamb for 2 minutes on each side until golden brown.

Place the rack of lamb onto the baking tray with the onions. Cook in the oven for 20-25 minutes for medium. Remove from the oven and rest for 10-15 minutes before slicing into cutlets.

3

Place the yoghurt into a mixing bowl and grate ½ of the beetroot with the fine side of the box grater into the bowl. Season with salt and pepper, add the juice of ½ a lemon and set aside in fridge. Finely slice the rest of the beetroot and set aside.

Cook the green beans in the boiling water for 3-5 minutes and drain well. Place them in a bowl, drizzle with olive oil, season with salt and pepper and sprinkle the toasted almonds.

4

Mix salad with some olive oil and caramelised balsamic, add the remaining beetroot and set aside.

Serve the lamb cutlets with mixed salad leaves, green beans, beetroot tzatziki and roasted onions.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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