



**READY TO COOK**  
BY HARRIS FARM

# BUTTERFLY LAMB SHOULDER WITH ROASTED KUMERA MASH AND GREEN TAHINI



PREP  
**20 min**



COOK  
**1 hrs**



SERVES  
**4**

## INGREDIENTS:

- > 500g-1kg Butterflied Lamb Shoulder
- > 1-1.5kg Kumera
- > 2 Bunches Broccolini
- > ¼ Bunch Parsley
- > 200g Green Tahini

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 ½ Tbsp Caramelised Balsamic
- > ¼ -½ Cup Milk
- > 50g Butter
- > Olive Oil
- > Salt and Pepper

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## METHOD - GET COOKING!



**1**

Preheat the oven to 180°C. Peel and cut the kumera into 1 cm disks. Place on a lined baking tray. Sprinkle with salt and pepper, and drizzle with olive oil and caramelised balsamic vinegar. Toss well and place into the oven for 35-45 minutes or until soft and golden brown.

**2**

Meanwhile, bring a frying pan to high heat. Drizzle olive oil and sear the lamb shoulder for approximately 2 minutes on each side until golden brown. Transfer to the oven and roast for 25-35 minutes depending on the size and on your preferred doneness. Remove from the oven and rest for at least 15 minutes before slicing.

**3**

Bring a medium-sized pot of salted water to a boil. Transfer kumera to a pot. Heat to medium heat and add the milk and butter. Use a stick blender or masher to make it smooth and creamy. Check seasoning. Cook the broccolini in the boiling water for 2-3 minutes, then drain well and set aside. Pick and finely chop the parsley.

**4**

Finely slice the lamb shoulder and serve with creamy kumera mash and broccolini. Drizzle with the pan juices and green tahini. Sprinkle freshly chopped parsley.

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

- Place the roasting tray juices into a small bowl, remove the excess fat and add some pomegranate balsamic vinegar and a squeeze of lemon juice. Mix well and drizzle over the sliced meat before serving.



### FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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