



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

HERB MARINATED LAMB SHOULDER WITH BROCCOLI COUSCOUS AND GREEK DRESSING



PREP
10 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 700g-1kg Rosemary, Mint and Garlic Butterflied Lamb Leg
- > 1½ Cups Couscous
- > 1 Continental Cucumber
- > 1 Broccoli Head
- > 125ml Greek Dressing

METHOD – GET COOKING!



1 Preheat oven to 200°C and bring a medium sized pot with salted water to the boil.

Cut the broccoli into florets. Cut the cucumber in half lengthwise and finely slice into ½ moons. Set ingredients aside.

2 In a frying pan on high heat, drizzle olive oil and sear the lamb for 2 minutes until golden brown. Then turn over and sear further for 2 minutes.

Place pan with the lamb in the oven and cook for 20 minutes.

3 Place the couscous in a bowl and season with salt and pepper. Drizzle olive oil and add 1½ cups of boiling water. Mix through and cover with foil or clingwrap. Let it sit for 3 minutes and fluff with a fork to release steam then set aside.

Meanwhile, cook the broccoli in the boiling water for 3 minutes until vibrant green and soft. Drain and cool under cold water. Then finely chop into small florets.

Add the cucumber slices and broccoli to the bowl with the couscous. Drizzle the Greek dressing all over and mix until well combined.

4 Remove lamb from oven and set to rest for at least 10 minutes before slicing against the grain.

Serve lamb shoulder with broccoli-couscous salad. Drizzled with extra Greek dressing if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If your pan doesn't fit in the oven, place lamb onto a lined baking tray.

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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