



**READY TO COOK**  
BY HARRIS FARM

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

# LAMB BACKSTRAP WITH BEETROOT YOGHURT & ROASTED SEASONAL VEGETABLES



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Lamb Backstrap
- > 3 Tbsp Unsweetened Yoghurt
- > ¼ Pumpkin
- > ½ Fennel
- > 1 Red Onion
- > 1 English Spinach Bunch
- > 250g Cooked Beetroot

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > ½ Tbsp Caramelised Balsamic Vinegar



# METHOD – GET COOKING!



1

**Preheat the oven to 220°C.**

**Peel the pumpkin and dice into 2cm pieces. Place the pumpkin on a lined baking tray, season with salt and pepper and drizzle with olive oil.**

**Place into the preheated oven and roast for 20-25 minutes until soft.**

2

**Cut the half fennel into thin 1cm wedges then place on a separate lined baking tray, drizzle with olive oil and season with salt and pepper. Cook in the oven for 12-15 minutes until soft and golden brown.**

**Peel and finely slice the onion. Bring a small frying pan to a high heat, drizzle olive oil and add the onions. Cook for 2-3 minutes while stirring, drizzle the caramelised balsamic and turn down to medium heat. Season with a pinch of salt and pepper. Cook for a further 3 minutes, then turn off the heat and keep warm.**

3

**Pat dry the lamb backstrap and set aside.**

**In a large frying pan on a medium high heat, drizzle olive oil and sear the lamb for 3 minutes on each side. Turn the lamb again and turn off the heat, let it rest in the pan for 10 minutes. Sear for longer depending on cooking preference or the size of the lamb.**

4

**Drain the beetroot and place into a blender or small food processor. Pulse until roughly chopped then season with salt and pepper. Fold through the yoghurt and set aside.**

5

**Cut the thick stems off the spinach, wash, drain and set aside.**

**Remove the lamb from the pan and finely slice. Using the same frying pan on a high heat, sauté the spinach for 1 minute.**

**Season and serve with roasted vegetables, finely sliced lamb backstrap, caramelised onions and beetroot yoghurt.**

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

- Use as little or as much pumpkin as desire.
- Use leftover yoghurt on a delicious breakfast cereal bowl or mix it with fresh herbs and grated cucumber for a homemade tzatziki.

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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