



READY TO COOK
BY HARRIS FARM

LAMB BACKSTRAP WITH CAULI SALAD



PREP
10 min



COOK
25 min



SERVES
4

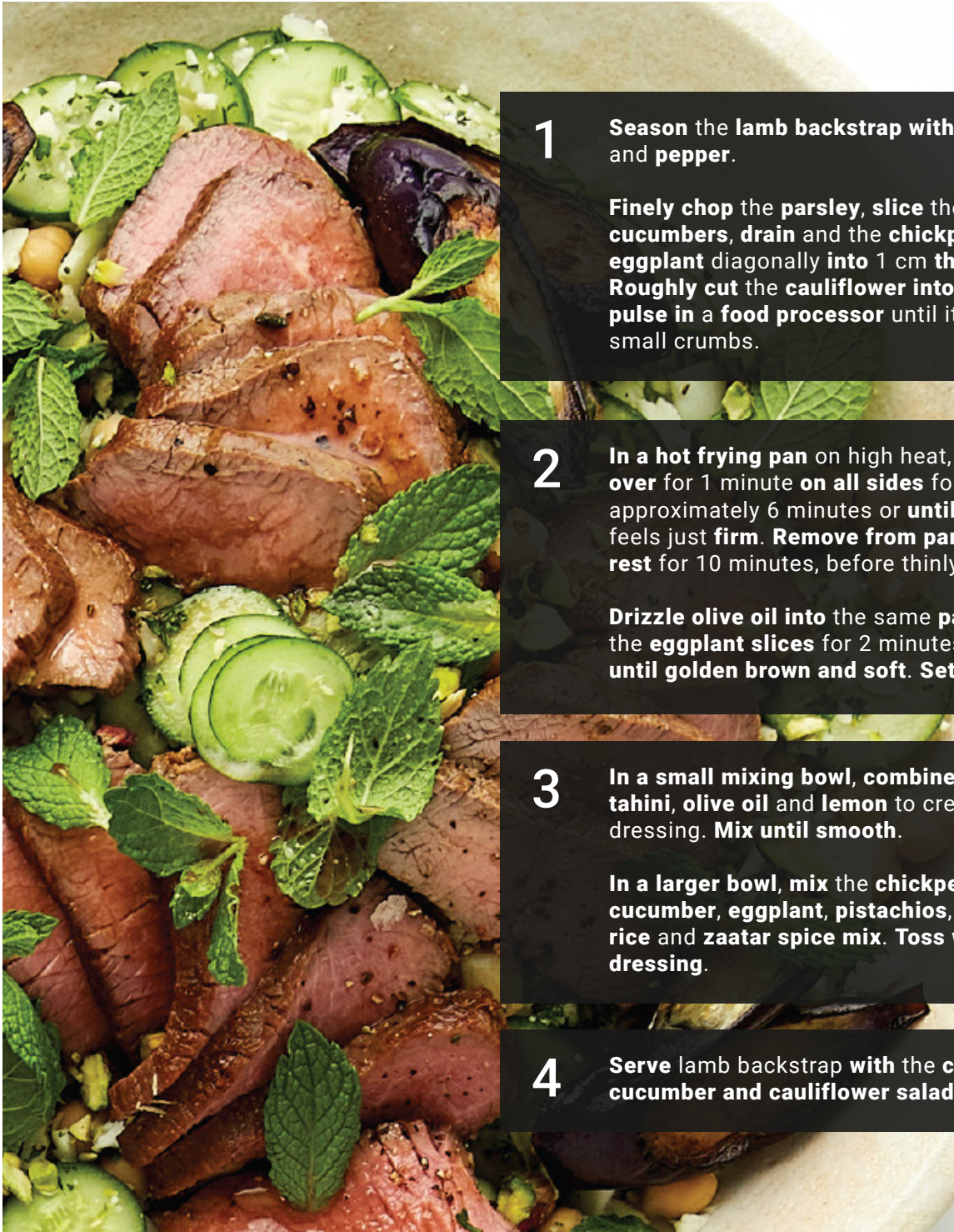
INGREDIENTS:

- > 1 Bunch Parsley
- > 1 Punnet Baby Cucumbers
- > 1 Can Chickpeas
- > 3 Chinese Eggplant
- > 1 Tub Cauliflower Rice
- > 1 Packet Lamb Backstraps
- > 1 Lemon
- > ¼ Cup Pistachios

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Honey
- > 1½ Tbsp Tahini
- > 1 tsp Zaatar Spice

METHOD - GET COOKING!



1

Season the lamb backstrap with olive oil, salt and pepper.

Finely chop the parsley, **slice** the baby cucumbers, **drain** and the chickpeas. **Slice** the eggplant diagonally into 1 cm thick pieces. **Roughly cut** the cauliflower into florets then **pulse** in a food processor until it resembles small crumbs.

2

In a hot frying pan on high heat, **sear** the lamb over for 1 minute on all sides for a total of approximately 6 minutes or until the meat feels just firm. **Remove from pan** and **set to rest** for 10 minutes, before thinly slicing.

Drizzle olive oil into the same pan and **sear** the eggplant slices for 2 minutes on each side until golden brown and soft. **Set aside**.

3

In a small mixing bowl, **combine** honey, tahini, olive oil and lemon to create the salad dressing. **Mix until smooth**.

In a larger bowl, **mix** the chickpeas, parsley, cucumber, eggplant, pistachios, cauliflower rice and zaatar spice mix. **Toss well** with the dressing.

4

Serve lamb backstrap with the chickpea, cucumber and cauliflower salad.

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:
online@harrisfarm.com.au