



**READY TO COOK**  
BY HARRIS FARM

# LAMB BACKSTRAP WITH CHICKPEA, ZUCCHINI, TOMATO AND FETA SALAD



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 500-850g Lamb Backstrap
- > 2 Black Zucchini
- > 1 Red Onion
- > 500g Kumato Tomatoes
- > 100g Danish Feta
- > 400g Chickpeas

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > Ground Cumin
- > Caramelised Balsamic Vinegar

## METHOD - GET COOKING!



**1**

Preheat the oven to 200°C. Pat dry the lamb and season well with salt, pepper. Sprinkle with some ground cumin and set aside. Cut the zucchinis in half lengthways and then into half moons, set aside.

**2**

Cut the onion into 1cm wedges and place them on a lined baking tray. Drain the chickpeas and add to the tray. Season with salt, pepper and 1 tsp of cumin. Drizzle with olive oil and a splash of caramelised balsamic, toss well and place into the oven for 15 minutes.

**3**

Meanwhile, bring a large frying pan to high heat. Drizzle with olive oil and add the lamb. Sear for 2 minutes on each side, including the lateral sides, then place into the oven. Cook for 10-15 minutes depending on the size and how cooked through you prefer.

**4**

Using the same pan, on medium-high heat, drizzle more olive oil and cook the zucchini for 3-4 minutes until golden and softened. Remove from pan and add to a large salad bowl. Remove the lamb from the oven and rest for 10 minutes before slicing.

**5**

Cut the tomatoes into wedges and place in the same salad bowl with the zucchini. Add the chickpeas and onions, including the juices and oils. Crumble the feta cheese, add to the bowl and gently fold through. Check seasoning and set aside.

**6**

Finely slice the lamb into ½ cm slices and serve with tomato, feta and chickpea salad.

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

- There won't be any leftovers this time!



### FEEDBACK OR QUESTIONS?

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