



**READY TO COOK**  
BY HARRIS FARM

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

# LAMB BACKSTRAP WITH COUSCOUS, ROASTED PUMPKIN, BROCCOLI AND CUCUMBER YOGHURT



PREP  
**15 min**



COOK  
**35 min**



SERVES  
**4**

## INGREDIENTS:

- > 550g Lamb Backstrap
- > 1 Lemon
- > ½ Bunch Coriander
- > ¼ Pumpkin
- > 1 Bunch Mint
- > 50g Cumin Ground
- > 1 ½ Cups Couscous
- > 1 Broccoli Head
- > 1 Lebanese Cucumber
- > 350g Unsweetened Yoghurt

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Cooking Oil



# METHOD – GET COOKING!



**1** Preheat the oven to 200°C. Bring a kettle of water to the boil.

Cut pumpkin into wedges, place on a lined baking tray, drizzle with olive oil, season with salt and pepper and toss well. Roast in the oven for 25 minutes.

Meanwhile, pat dry the lamb and add olive oil, salt, pepper and cumin. Rub spices over meat thoroughly.

**2** In a large hot pan, heat oil and sear the lamb for approximately 3 minutes on each side.

Place on a baking tray and roast in the oven for 10 minutes. Remove from the oven and allow to rest for 10 minutes before slicing.

**3** In the same pan, heat oil and sear the broccoli florets for 3 minutes on each side. Turn the heat off and continue cooking in the pan.

Wash, pick and chop half the mint and coriander leaves and set aside.

**4** Place couscous into a medium sized bowl, add a pinch of salt, pepper and a drizzle of olive oil. Add 1 ½ cups of boiling water, mix well and cover with foil for 3 minutes.

Uncover and brush through using a fork until all fluffy.

**5** Grate cucumber into a mixing bowl, add ½ the yoghurt, ½ tsp of cumin, chopped mint and coriander, squeeze the juice of ½ a lemon, season with salt and pepper and mix well.

Serve slices of lamb with veggies, yoghurt and garnish with herbs.

## ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover yoghurt for your breakfast porridge or granola.

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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