



READY TO COOK
BY HARRIS FARM

LAMB BACKSTRAP WITH GIANT COUSCOUS, CANNELLINI BEAN, BROCCOLI & MINT JELLY



PREP
15 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 500-850g Lamb Backstrap
- > 1 ½ Cups Giant Couscous
- > 1 Broccoli Head
- > 400g Cannellini beans
- > 75g Mixed Nuts
- > 1 Lemon
- > 185g Mint Jelly

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > ½ Tbsp Moroccan Spice Mix

METHOD - GET COOKING!



1 Bring a large pot with salted water to the boil. Pat dry the lamb backstrap and season with salt, pepper and a sprinkle of Moroccan spice mix. Drizzle with olive oil and rub well.

2 Cut the broccoli florets and drain the cannellini beans, rinsing them under tap water for a couple of seconds. Cook the broccoli in the boiling water for 3-4 minutes, then remove from the water using a slotted spoon and set aside on a plate to cool. Reserve the water to cook the couscous.

3 Bring a large frying pan to high heat. Drizzle with olive oil and sear the lamb for approximately 2 minutes on each side, including the lateral sides. Place in the oven and cook for 10-15 minutes depending on the size and of how you like it cooked. Remove from the oven and rest for at least 10 minutes before slicing.

4 Add the couscous to the reserved boiling water and cook for 5-7 minutes, stirring occasionally, until cooked. Drain well and place in a salad bowl. Drizzle with olive oil and a squeeze of lemon juice. Roughly chop the mixed nuts and add to the bowl with the couscous. Then roughly chop the broccoli and add to the bowl. Add the cannellini beans and toss through.

5 In a small bowl, add 1 ½ Tbsp of mint jelly and 1 Tbsp of boiling water. Mix through using a whisk and add to the couscous salad. Toss well and set aside.

6 Finely slice the lamb and serve with mint jelly and couscous salad.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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