



**READY TO COOK**  
BY HARRIS FARM

# LAMB BACKSTRAP WITH HERBED PISTACHIO CRUST, CREAMY CAULIFLOWER & ROASTED FIGS



PREP  
**20 min**



COOK  
**45 min**



SERVES  
**4**

## INGREDIENTS:

- > 800g Lamb Backstrap
- > 1 Leek
- > 3 Garlic Cloves
- > 300ml Pure Cream
- > 700g Cauliflower
- > 200g Figs
- > ¼ Cup Pistachios
- > ¼ Parsley Bunch
- > ½ Chives Bunch

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > ½ Tbsp Zaatar
- > 1 Tbsp Caramelised Vinegar

# METHOD – GET COOKING!



1

**Preheat** the oven to 200°C.

**Pat dry** the lamb and **season** with salt and pepper.

**Cut** the leek in half, then **slice** into ½ cm halfmoons. **Crush** the garlic cloves. **Cut** the cauliflower into medium sized florets. **Cut** the figs in half lengthways. **Set** all ingredients aside.

2

In a large frying pan on medium heat and **drizzle** olive oil. **Cook** the leek and garlic for 10 minutes, stirring occasionally, **until soft and vibrant green**. **Add** the cream to the pan, **season** with salt and pepper, and **cook further** for 10-15 minutes **until thickened**. **Turn off** the heat and **set aside**.

3

**Place** the cauliflower on a lined baking tray and **drizzle** with olive oil. **Season** with salt, pepper, the zaatar spice and **toss well**. **Place** into the oven and **cook** for 20 minutes or **until golden brown**.

**Place** the figs on a lined baking tray. **Drizzle** with olive oil and caramelised balsamic. **Season** with salt and pepper. **Cook** in the oven with the cauliflower for 15 minutes or **until soft and caramelised**.

4

**Bring** a large frying pan to high heat and **drizzle** with olive oil. **Sear** the lamb for 6-8 minutes, depending on the size. Turn the lamb every 1 minute **until golden brown**. **Cook** the lateral sides further for 1 minute each side. **Set to rest** for approximately 10 minutes before slicing.

Meanwhile, **roughly chop** the pistachios into small pieces and **finely chop** the chives and parsley. **Place** in a mixing bowl, **mix throughout** and **set aside**.

**Remove** the cauliflower from the oven, **add it to** leek-garlic cream and **toss throughout**.

5

**Serve** the sliced lamb backstrap warm with the creamy leek-cauliflower and caramelised figs. **Topped** with pistachio herb crust.

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

- Sear lamb for as long as you needed, depending on your cooking preferences.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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