

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





INGREDIENTS:

- > 800g Lamb Backstrap
- > 1 Leek
- > 3 Garlic Cloves
- > 300ml Pure Cream
- > 700g Cauliflower
- > 200g Figs
- > 1/4 Cup Pistachios

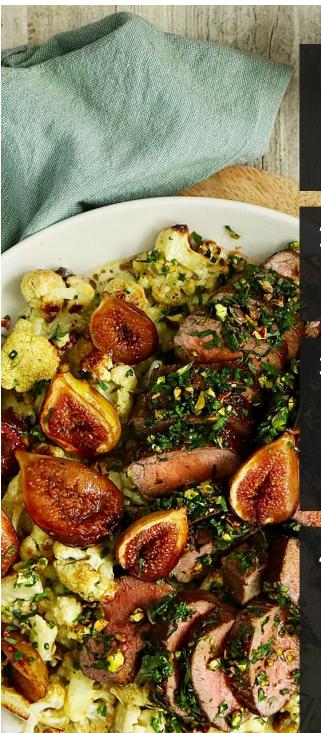
- > 1/4 Parsley Bunch
- > ½ Chives Bunch

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

- > 1/2 Tbsp Zaatar
- > 1 Tbsp Caramelised Vinegar

METHOD - GET COOKING!



Preheat the oven to 200°C.

Pat dry the lamb and season with salt and pepper.

Cut the leek in half, then slice into $\frac{1}{2}$ cm halfmoons. Crush the garlic cloves. Cut the cauliflower into medium sized florets. Cut the figs in half lengthways. Set all ingredients aside.

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.

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.

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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.

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.

