



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

# MOROCCAN LAMB RIBS WITH ROASTED CAULIFLOWER AND MIXED JADE



PREP  
**10 min**



COOK  
**30 min**



SERVES  
**4**

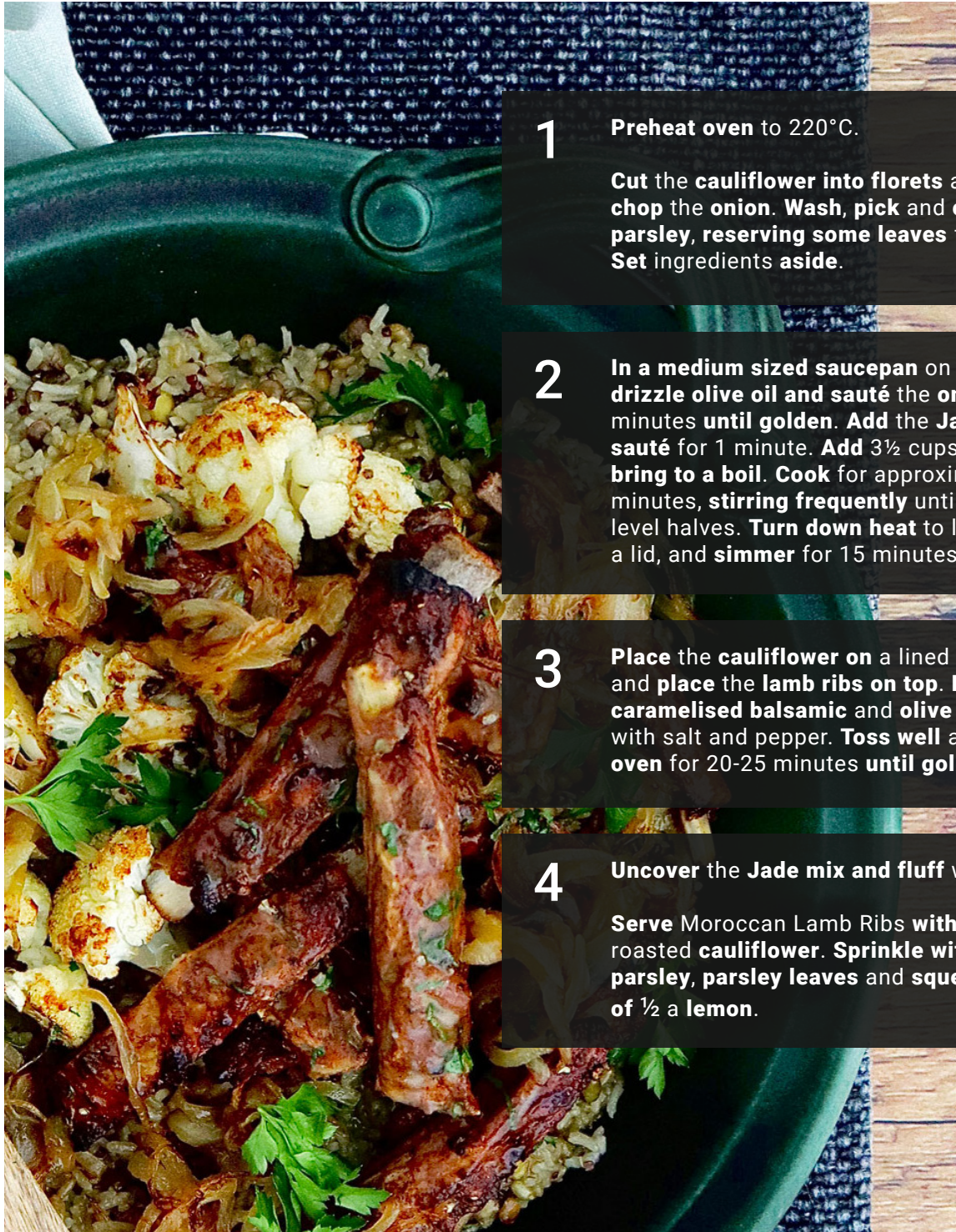
## INGREDIENTS:

- > 2 Cups Jade Mix
- > 1 Brown Onion
- > ½ Cauliflower
- > 3 Packets Moroccan Lamb Ribs
- > ¼ Parsley Bunch
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Caramelised Balsamic

# METHOD - GET COOKING!



1

**Preheat oven** to 220°C.

**Cut the cauliflower into florets and finely chop the onion. Wash, pick and chop the parsley, reserving some leaves for garnishing. Set ingredients aside.**

2

**In a medium sized saucepan on high heat, drizzle olive oil and sauté the onions for 3 minutes until golden. Add the Jade mix and sauté for 1 minute. Add 3½ cups of water and bring to a boil. Cook for approximately 10 minutes, stirring frequently until the water level halves. Turn down heat to low, cover with a lid, and simmer for 15 minutes.**

3

**Place the cauliflower on a lined baking tray and place the lamb ribs on top. Drizzle with caramelised balsamic and olive oil. Season with salt and pepper. Toss well and cook in the oven for 20-25 minutes until golden brown.**

4

**Uncover the Jade mix and fluff with a fork.**

**Serve Moroccan Lamb Ribs with Jade mix and roasted cauliflower. Sprinkle with chopped parsley, parsley leaves and squeeze the juice of ½ a lemon.**

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

- There won't be any leftovers this time!

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



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)