



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...



HARRIS FARM
IMPERFECT PICKS

SPICED LAMB & ROASTED VEGETABLE COUSCOUS



PREP
10 min



COOK
30 min



SERVES
4

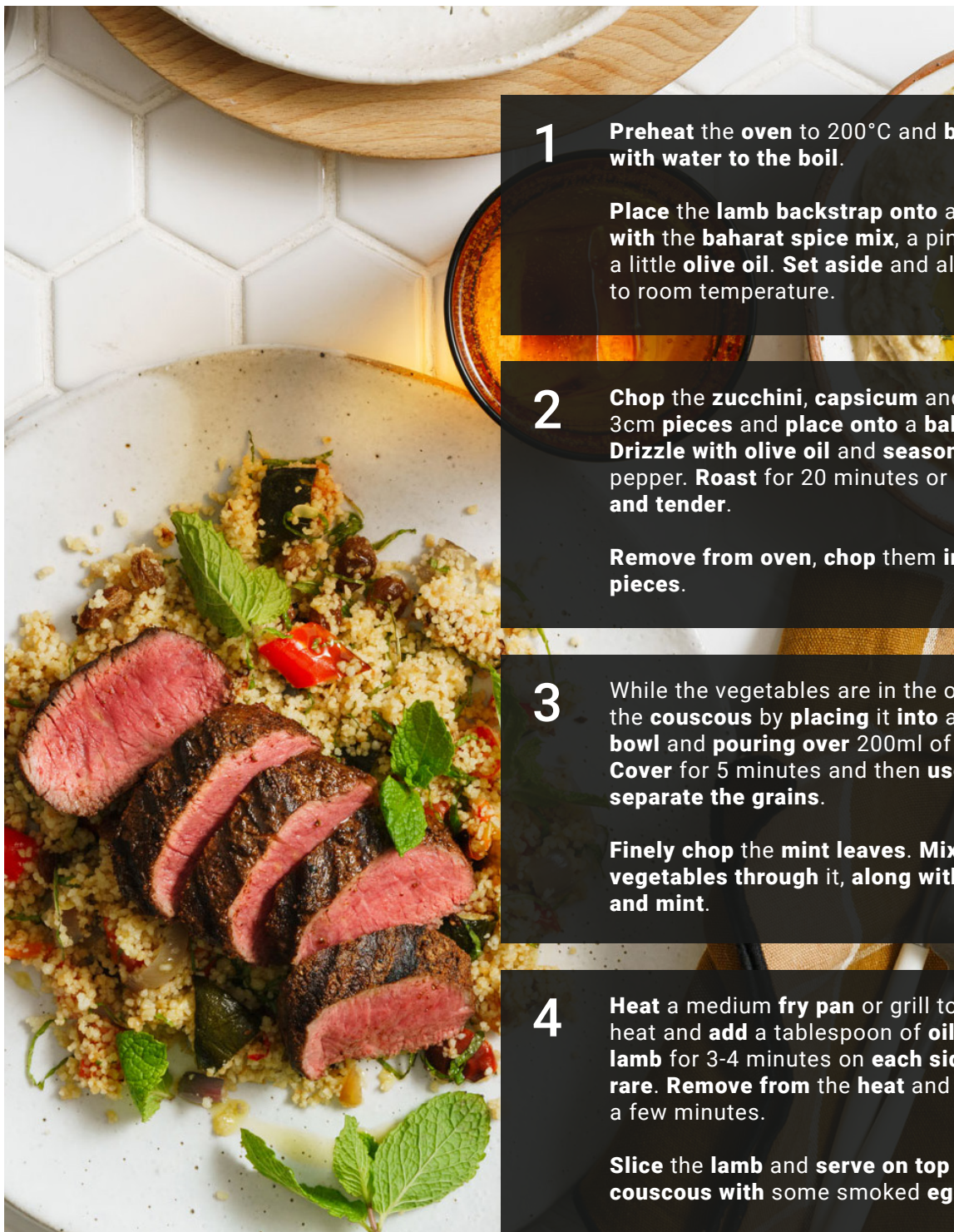
INGREDIENTS:

- > 450-850g Lamb Backstrap
- > 1.5 Tbsp Baharat Spice Mix
- > 200g Couscous
- > 1 Imperfect Zucchini
- > 1 Red Capsicum
- > ½ Red Onion
- > 50g Raisins
- > 1 Small Handful Mint Leaves
- > 180g Imperfect Eggplant Dip

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil

METHOD – GET COOKING!



1 Preheat the oven to 200°C and bring a pot with water to the boil.

Place the lamb backstrap onto a tray and rub with the baharat spice mix, a pinch of salt and a little olive oil. Set aside and allow it to come to room temperature.

2 Chop the zucchini, capsicum and onion into 3cm pieces and place onto a baking tray. Drizzle with olive oil and season with salt and pepper. Roast for 20 minutes or until golden and tender.

Remove from oven, chop them into 3 cm sized pieces.

3 While the vegetables are in the oven, prepare the couscous by placing it into a medium bowl and pouring over 200ml of boiling water. Cover for 5 minutes and then use a fork to separate the grains.

Finely chop the mint leaves. Mix the vegetables through it, along with the raisins and mint.

4 Heat a medium fry pan or grill to medium high heat and add a tablespoon of oil. Cook the lamb for 3-4 minutes on each side for medium rare. Remove from the heat and let it rest for a few minutes.

Slice the lamb and serve on top of the couscous with some smoked eggplant dip.

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:
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