ZA'ATAR LAMB BACKSTRAP WITH BEETS & COUSCOUS

Prep
15 min

Cook
35 min

Serves
4

INGREDIENTS:

> 1 Packet Lamb Backstrap
> 1 Packet Baby Beetroot 250g
> ½ Tub Unsweetened Yoghurt 175g
> ¼ Jap Pumpkin 600g
> 1 Cup Couscous
> 1 Tin Chickpeas 400g

> 1 Bunch Mint
> 1 Bunch Asparagus
> 1 Packet Za'atar Spice Mix

WHAT YOU'LL NEED FROM YOUR PANTRY:
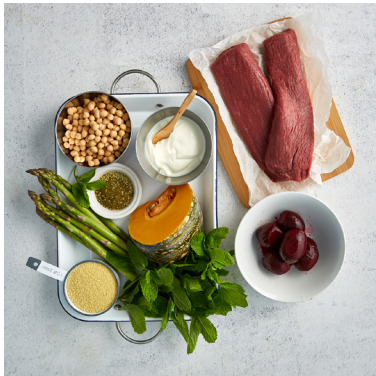
> Olive Oil

METHOD - GET COOKING!

1 **Preheat oven** to 220°C. Using a kettle or a small pot, bring 2 cups of water to the boil. **Clean** the **pumpkin skin** with a damp cloth, **remove** the **seeds** using a spoon and **cut in half**, then into 1cm wedges.

Place the **pumpkin on a baking tray** lined with baking paper, **sprinkle** 1 tsp **of Za'atar**, salt and pepper and 1 tsp of **olive oil**.
Place in the oven and cook for 20 mins until golden brown.

2 **Pat** the **lamb backstrap dry** using paper towel, and **rub** with 2 tsp of **Za'atar, salt, pepper** and a **drizzle** of **olive oil**. In a frying pan on high heat, **add** 1 tbsp of **olive oil** and **sear** the **lamb** for approx. 3-4 mins on each side, for medium rare.

If you like your lamb medium or well done, cook for a few more minutes on each side. **Rest** for 10 mins **before slicing**.

3 **Place** 1 cup of **couscous** in a **bowl**, **season** with salt and pepper and **add** 1 cup of **boiling water**, combine and cover **with a plate**. After 3 mins, **fluff** the **couscous** using a fork. **Drain** the **chickpeas**, pick and **chop** the **mint** and add to the bowl of couscous.

Meanwhile, **grate** the **beetroot** using a box grater on the finest side, **place into** a **bowl** with half the **yoghurt** container, **season** with salt and pepper and set aside.
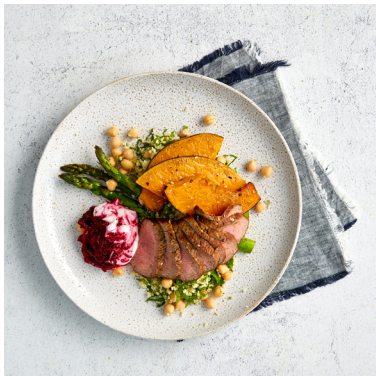
4 Using the **same frying pan** that was used for the lamb, **add** 1 tbsp of **olive oil** and quickly **cook** the **asparagus** for 2–3 mins on a high heat.

Once the lamb has rested, **slice into thin slices** and **serve** with chickpea couscous, beetroot yoghurt, roasted pumpkin and asparagus.

ABOUT YOUR LEFTOVER INGREDIENTS...
- Use roast pumpkin in salads, soup or tarts.
- Use couscous in Mediterranean inspired salads.
- Use Za'atar as a seasoning on your favourite protein.

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

FEEDBACK OR QUESTIONS?
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online@harrisfarm.com.au