



**Miele**

# Middle Eastern spiced lamb and roasted cauliflower salad

By Miele

**2 hours 20 minutes**

Preparation time

**28 minutes**

Cooking time

**4 serves**

Serves

## INGREDIENTS

### Lamb

3 x lamb back straps, trimmed  
2 cloves garlic, crushed  
1 tbsp ground coriander  
1 tbsp ground cumin  
1 tbsp ground cardamom  
1 tsp ground cayenne pepper  
1 tsp smoked paprika  
2 tbsp lemon juice  
3 tbsp olive oil  
Salt flakes  
Black pepper

Coriander leaves to garnish

### Cauliflower

1 cauliflower, cut into large florets  
3 tbsp olive oil  
1 tbsp ground cardamom  
1 tbsp ground coriander  
½ cup pine nuts, toasted

### Dressing

125ml verjuice  
½ cup dried cranberries  
70g butter  
1 small shallot, finely chopped  
1 tbsp grated lemon zest  
2 tbsp fresh sage, chopped

## **METHOD**

### **Marinade**

1. Combine all ingredients for lamb and rub onto the backstraps. Refrigerate for a minimum of 2 hours, or overnight.

### **Cauliflower**

1. Pre-heat oven on Moisture Plus with Fan Plus at 210°C with 1 manual burst of steam and follow the prompts for Moisture Plus.
2. Toss cauliflower in oil and spices and spread in a single layer on a baking paper lined tray.
3. Place the tray into oven on shelf position 2, release the burst of steam and roast for 20 minutes. Remove from oven and keep warm.

### **Lamb**

1. Pre-heat oven on Fan Grill at 220°C. Turn on a warming drawer to keep warm setting 2 (if available).
2. Place the lamb onto the grilling and roasting insert on the multi-purpose tray. Place on shelf position 5 for 6-8 minutes. (This cooking time will vary slightly according to the size/thickness of the lamb).
3. Remove from the oven and rest for 5 minutes in the warming drawer before slicing.

### **Dressing**

1. Melt butter in a pan on high heat, induction setting 7. Cook stirring until lightly browned (1-2 minutes).
2. Reduce the heat to low, induction setting 4, add the shallot and cook for 2 minutes until opaque. Add the sage leaves, lemon zest and cranberries and stir to combine. Remove from the heat.
3. Roughly chop the cauliflower into chunks and pile into a warm serving bowl. Thinly slice the lamb and pile on top of the cauliflower. Add dressing, top with pine nuts and coriander leaves.