



# 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.