



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.