



**Miele**

# Spring lamb rack, roasted beetroot salad, seed and herb crisp

By Miele

**30 minutes**

Preparation time

**50 minutes**

Cooking time

**4 serves**

Serves

## INGREDIENTS

### Lamb

1 x 8 pin lamb rack, French trimmed  
Sea salt flakes  
Olive oil  
Cracked pepper to season

### Seed herb crisp

40g sunflower seeds  
40g pepita seeds  
40g pistachio, chopped  
20g sesame seeds  
45g polenta  
5g garlic, crushed  
10g fresh sage leaves, chopped finely  
1 teaspoon rosemary, chopped  
1 teaspoon chilli flakes  
2 teaspoons cumin, ground  
1 teaspoon salt flakes  
20ml olive oil  
1 egg  
Cracked pepper

### Beetroot salad

1 large beetroot (or 2 small)  
1 large brown onion  
1 teaspoon caraway seeds  
3 tablespoons olive oil  
100g fetta cheese, crumbled  
Salt flakes to season  
Cracked pepper to season

### Herb dressing

15g mint leaves  
15g parsley leaves  
1 lemon, juiced  
100ml olive oil  
Salt flakes  
Cracked pepper

## METHOD

### **Seed herb crisp**

1. Pre-heat oven on Fan Plus at 160°C.
2. Mix all ingredients together in a bowl until well combined.
3. Spread mixture out onto a lined baking tray and press firmly into a thin crust. Using a rolling pin will assist in creating an even surface.
4. Place tray into the oven on shelf 3 for 18-20 minutes, crisp should be just starting to colour.
5. Let the crisp cool for 5 minutes and then cut or break crisp into desired shapes.

### **Lamb and beetroot salad**

1. Pre-heat oven on Fan Plus at 180°C.
2. Pre-heat a frying pan on high heat Induction setting 7, season lamb and then sear lamb rack on both sides until brown.
3. Place lamb on the grilling and roasting insert, placed in the multi-purpose tray.
4. Peel and cut onion in half, slice each half slice into 6-8 pieces.
5. Peel beetroot and then cut into 2cm dice. Toss onion, beetroot, olive oil, caraway and seasoning together in a bowl. Evenly place the beetroot mix around the lamb.
6. Place Food probe into the middle of the lamb rack and place food into the oven on shelf position 3.
7. Select Moisture Plus at 180°C with an automatic burst of steam and core temperature 65°C.

### **Herb dressing**

1. Put all ingredients together in a blender and blend until mixed well.

### **To serve**

1. When lamb has finished cooking, allow to rest for 10 minutes. While the lamb is resting, toss the beetroot and onion mix with fetta cheese, seasoning and a touch of olive oil.
2. Arrange beetroot salad in a bowl, slice lamb rack into cutlets and serve on the salad.
3. Drizzle with the herb dressing and serve with a shard of the seeded herb crisp.

## Hints and tips

- To cook in Combination mode: Select Fan Plus at 200°C + 50% moisture with a core temperature 65°C.
- Seed crisp can be used as a crumble on salads, or as a base for a canapé.
- Seed crisp will keep well in an airtight container for up to two weeks and can be made well ahead of time.