

Miele

Middle Eastern spiced lamb and roasted cauliflower salad

By Miele

2 hours 20 minutes

Preparation Time

28 minutes

Cooking Time

6

Serves



INGREDIENTS

Lamb

3 lamb back straps, trimmed
2 cloves garlic, crushed
1 tbs ground coriander
1 tbs ground cumin
1 tbs ground cardamom
1 tsp ground cayenne pepper
1 tsp smoked paprika
2 tbs lemon juice
3 tbs olive oil
Murray River salt flakes
Black pepper
Coriander leaves to garnish

Cauliflower

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

Dressing

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

METHOD

Lamb

1. Combine all ingredients and rub onto the back straps. Refrigerate for a minimum of 2 hours or overnight.

Cauliflower

1. Pre-heat Oven on Moisture 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 onto a baking paper-lined Baking tray.
3. Place the tray into the 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 saucepan 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, 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 and top with pine nuts and coriander leaves.