



# Middle Eastern lamb, cauliflower pilaf and carrot salad

By Miele

#### 40 minutes

**Preparation Tim** 

#### 45 minutes

Cooking Time

4

Serves

#### **INGREDIENTS**

## Cauliflower pilaf

450g cauliflower (1 small whole cut into florets)
1½ tsp whole cumin seeds

1 tsp yellow mustard seeds

1 tsp salt flakes

Cracked black pepper

#### Middle Eastern lamb

500g lamb backstrap (2 large)

1 tsp hickory liquid smoke

2 tsp tamari

2 cloves garlic, crushed

1 tsp ground cumin

2 tbs olive oil

#### **Carrot salad**

to taste

3 medium carrots, peeled and sliced into thin ribbons on a mandolin Juice of 1 lemon 1 tbs caster sugar 10g picked mint leaves 15g picked coriander leaves Salt flakes and cracked black pepper

# Yogurt sauce

200g natural yoghurt
2 tbs lemon juice
1 clove garlic, crushed
30ml olive oil
½ tsp salt flakes
Cracked black pepper to
taste

#### **METHOD**

#### Cauliflower pilaf

- 1. Blend cauliflower florets in a food processor into small pieces to resemble the texture of large rice.
- 2. Place cauliflower into an unperforated steam container with the remaining ingredients and Steam at 100°C for 8 minutes. Remove from Steam Oven, cover and set aside.

# Middle Eastern lamb

- 1. Mix hickory liquid smoke, garlic, tamari cumin and olive oil together in an unperforated steam container. Coat lamb well with the marinade.
- 2. Place lamb into the Steam Oven once cauliflower is out. Steam at 60°C for 35 minutes. Set minute minder for 15 minutes.

#### **Carrot salad**

- 1. Put lemon juice and sugar into large vacuum bag with sliced carrots and using the Vacuum Sealing Drawer, vacuum on setting 3 and seal on setting 3.
- 2. Place into the Steam Oven with lamb (once the minute minder has sounded) for the last 20 minutes of cooking at 60°C.

## Yoghurt sauce

1. Mix all ingredients together in a bowl.

#### To serve

- 1. Place frying pan on high heat, Induction setting 7 and allow to get searing hot (3 to 4 minutes).
- 2. Add olive oil, then seal lamb until well coloured on both sides.
- 3. Rest lamb for a few minutes before slicing thinly.
- 4. Drizzle yoghurt sauce around the outside of the plate and then spoon cauliflower pilaf into the middle and arrange lamb on top.
- 5. Toss carrots and juice from the bag with mint and coriander and seasoning.
- 6. Place carrot salad on top of lamb and sprinkle with black sesame seeds.

#### Hints and tips

• Carrots can be cooked without the use of a vacuum bag. Simply toss carrots in lemon and sugar dressing and place in an unperforated steam container and steam for the same duration.