



CUMIN SPICED LAMB

WITH ROASTED CARROT & BEET SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

A fabulous combination of flavours! This sophisticated yet easy meal will go down a treat, whether you're cooking for yourself, feeding the family or entertaining guests.



SALAD

- 2 large carrots
- 2 fresh beetroot
- 5 tsp olive oil, divided
- 1/2 tsp cumin seeds
- 150g kale (5.3oz)
- 3/4 cup pearl couscous (150g)
- 1 1/2 cups chicken stock (375ml)

LAMB

- 450g lamb leg steaks (1lb)
- 2 tsp olive oil
- 1 tsp dried oregano
- 1/2 tsp cumin seeds

TO SERVE

- 150g pumpkin flavoured hummus (5.3oz)
- 1/3 cup plain, unsweetened yoghurt (80ml)
- 50g feta cheese (1.8oz)

1. ROAST VEGGIES

Preheat oven to 210°C (410°F) fan bake. Line a baking tray with baking paper. Scrub carrots and beetroot clean. Remove ends. Cut carrots into thirds and slice into sticks. Dice beetroot into 2cm / 0.8in cubes. Arrange on tray, drizzle with 2 teaspoons oil, sprinkle with cumin seeds and season with salt and pepper. Roast for 25 minutes, until browned.

2. Meanwhile, remove hard stems from kale and discard. Roughly chop the leaves. Massage 1 teaspoon oil into kale; season with salt and pepper.

3. COOK COUSCOUS

Heat remaining 2 teaspoons oil in a small saucepan over medium heat. Cook couscous for 1 minute, until slightly browned. Pour in chicken stock mixture, turn heat to low and place a lid on the saucepan. Gently simmer for 15-20 minutes, until couscous has puffed up and water has been absorbed.

4. PREPARE LAMB

Dice lamb into 2cm / 0.8in pieces. Drizzle with oil and season with oregano, cumin, salt and pepper.

5. When carrots and beetroot have cooked for 25 minutes, place kale on top of and around other veggies and cook for a further 5-10 minutes, until kale has crisped up and browned around the edges.

6. Heat a large frying pan on medium-high. Cook lamb until browned all over. Rest for a couple of minutes.

7. SERVE

Mix together hummus and yoghurt. Spread a generous amount on individual serving plates and top with roasted veggies, couscous and lamb. Crumble feta over the top.



WINE MATCH: A Pinot Noir.

CUMIN SPICED LAMB RECIPE NOTES

GLUTEN-FREE OPTION: Replace the couscous with quinoa, pearl millet or sorghum. Use gluten-free chicken stock.

BUDGET TIP: Replace the lamb with beef rump steak or boneless, skinless chicken thighs.

INGREDIENT SWAP: You can use other flavours of hummus - beetroot hummus would work well, or just use plain.

BBQ TIP: Thread lamb onto skewers for easy cooking on the barbecue.

STORING AND REHEATING: Package individual servings into containers and reheat in the microwave as required.