

# *SPICED LAMB BACK-STRAP WITH CAULIFLOWER PILAF*

Recipe by Dani Venn

Serves 4

Prep Time: 15 minutes

Cook Time: 5 minutes

## **YOU WILL NEED**

700g lamb back-strap

1 head cauliflower, chopped into florets

2 tablespoons olive or coconut oil

1 onion, finely diced

3 garlic cloves, finely diced

2 teaspoons ground cumin seeds

2 teaspoons ground coriander seed

¼ teaspoon ground cinnamon

salt flakes, to season

½ cup parsley, finely chopped

⅓ cup dried currants or pomegranate seeds

½ cup sliced natural almonds or crushed pistachios

## **HOW TO MAKE IT**

Rub lamb with olive oil and a little ground cinnamon, cumin and coriander seed, massage well and allow meat to come up to room temperature before cooking in hot pan for about 4 minutes each side, depending on thickness and level of doneness. Allow to rest for 4 minutes before carving into slices.

Place cauliflower florets into food processor and blitz on high until cauliflower resembles couscous. Alternatively, you can grate cauliflower and set aside.

Place a large frypan or saucepan over medium heat, add olive oil, when hot add onions and sauté for a few minutes then add garlic and cook for a further 2 minutes.

Add in spices and cook for a few more minutes, add a little more oil if needed.

Add cauliflower and cook stirring occasionally for about 5-7 minutes, cauliflower should be just cooked through. Remove mixture from pan, add parsley, currants and almonds, combine well. Season with salt and serve warm or cold.