



LAMB SIRLOIN

with curried Israeli couscous

2 lamb sirloin steaks (6oz) marinated with
garlic cloves
thyme
rosemary
olive oil
1 tbsp olive oil
1 cup lamb jus
salt

If you love rack of lamb but don't love its expensive price tag, this is a great alternative. The sirloins remain very tender when cooked to medium rare or medium. Cooking beyond medium will result in meat that is tough.

Preheat oven to 400°F (205°C). In a large frying pan on high, heat 1 tbsp olive oil. Add marinated lamb, season with salt, and sear for about 2–3 minutes on each side, until browned all over. Transfer to a roasting pan with garlic, thyme and rosemary from the marinating bag and place in oven to roast, 8–12 minutes for medium rare, 12–16 minutes for medium - do not cook past medium or it will be tough; flip lamb once halfway through cooking time. Remove from oven and allow to rest 3 to 5 minutes. After resting, reheat in oven for 2 minutes.

CURRIED ISRAELI COUSCOUS

2 cups curried Israeli couscous
1 tbsp butter
2 cups fresh blanched kale
¾ cup grape tomatoes (you will need to cut in half)
1 tbsp olive oil
salt

In a frying pan on medium heat, melt butter. Add blanched kale, salt to taste, and sauté for 3–4 minutes. Strain all excess water. Add couscous to kale, then halved tomatoes, and mix to combine. Check for seasoning.

To serve, place couscous mixture in middle of each plate. Slice lamb and place beside couscous; drizzle with lamb jus. Reserve some jus to serve on the side. Garnish with garlic thyme and rosemary from the roasting pan.