

**OVERALL time: 120 mins**

# MOROCCAN LAMB STEAK WITH ROASTED BEETROOT AND WILD RICE SALAD

Take your taste buds on an adventure with our exotic take on a steak salad. Turn our **Cape Herb & Spice Moroccan spice** into a handy rub for plump, juicy lamb. Then combine it with oven-roast beetroot, wild black rice and loads of herby freshness. It's the perfect dish for lazy summer lunches – enjoyed best outdoors of course!

Metric

**Number of servings : 4**

## ingredients

**For the main**

- 6 Medium beetroots
- **Cape Herb and Spice Atlantic Sea Salt**
- 600 g Thick-cut lamb steak (a rump cut is ideal), trimmed of all visible fat
- **Cape Herb and Spice Moroccan Spice**
- Extra virgin olive oil
- Vegetable oil, for frying
- 240 ml Wild black rice, cooked according to package instructions (look for it in the health food section of your supermarket)
- 22 ml Extra virgin olive oil
- 2-3 Rounds of feta cheese
- 480 ml Wild rocket
- 120 ml Diced cucumber
- 1 Red chilli, seeds removed, finely sliced
- Shop-bought balsamic reduction

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 60 mins | COOKING TIME: 60 mins**

Use a vegetable peeler to peel the beetroots. Place beetroots on tin foil and give them a few twists

of our **Atlantic Sea Salt**. Fold the tinfoil so you end up with a sealed tinfoil packet. Place it on a baking tray and roast the beetroots in a 200°C oven until cooked through – it takes about 30 minutes. (NB: if preferred you can boil the beetroot instead. If you do boil them do not peel them as too much of the flavour will be lost during cooking. Boil them as is and peel them only once they're cooked.)

Rub the lamb steak with 15 milliliters of olive oil. Dust the lamb with 15 milliliters of our **Cape Herb & Spice Moroccan spice** and set aside for 30 minutes. Next, brown the lamb in a few tablespoons (about 30–45 milliliters) of vegetable oil in a non-stick saucepan. Pop the lamb into a 200°C oven to roast until done to your liking – we think medium with a decided hint of pink is ideal.

Once the beetroots are cooked and your lamb is done, it's time to assemble your dish: Wet the wild rice by stirring in 15–30 milliliters of quality extra virgin olive oil and 2.5 milliliters of **Cape Herb & Spice Moroccan spice**. Season to taste by giving it a few twists of **our Cape Herb & Spice Atlantic Sea Salt**. Spoon wild rice onto a large platter and add the quartered beetroot, cucumber, feta, rocket, mint, and chili. Drizzle over some balsamic reduction – be generous, it's so delicious! Then slice the warm lamb quite thinly and plate up next to the salad. Drizzle the lamb with 5–10 milliliters of extra virgin olive oil and give it a final light pinch of our **Moroccan spice** and it's time to serve.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

Metric

## ingredients

### For the main

- 6 Medium beetroots
- **Cape Herb and Spice Atlantic Sea Salt**
- 600 g Thick-cut lamb steak (a rump cut is ideal), trimmed of all visible fat
- **Cape Herb and Spice Moroccan Spice**
- Extra virgin olive oil
- Vegetable oil, for frying
- 240 ml Wild black rice, cooked according to package instructions (look for it in the health food section of your supermarket)
- 22 ml Extra virgin olive oil
- 2-3 Rounds of feta cheese
- 480 ml Wild rocket
- 120 ml Diced cucumber
- 1 Red chilli, seeds removed, finely sliced
- Shop-bought balsamic reduction

**Number of servings : 4**

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 60 mins | COOKING TIME: 60 mins**

Use a vegetable peeler to peel the beetroots. Place beetroots on tin foil and give them a few twists of our **Atlantic Sea Salt**. Fold the tinfoil so you end up with a sealed tinfoil packet. Place it on a baking tray and roast the beetroots in a 200°C oven until cooked through – it takes about 30 minutes. (NB: if preferred you can boil the beetroot instead. If you do boil them do not peel them as too much of the flavour will be lost during cooking. Boil them as is and peel them only once they're cooked.)

Rub the lamb steak with 15 milliliters of olive oil. Dust the lamb with 15 milliliters of our **Cape Herb & Spice Moroccan spice** and set aside for 30 minutes. Next, brown the lamb in a few tablespoons (about 30–45 milliliters) of vegetable oil in a non-stick saucepan. Pop the lamb into a 200°C oven to roast until done to your liking – we think medium with a decided hint of pink is ideal.

Once the beetroots are cooked and your lamb is done, it's time to assemble your dish: Wet the wild rice by stirring in 15–30 milliliters of quality extra virgin olive oil and 2.5 milliliters of **Cape Herb & Spice Moroccan spice**. Season to taste by giving it a few twists of **our Cape Herb & Spice Atlantic Sea Salt**. Spoon wild rice onto a large platter and add the quartered beetroot, cucumber, feta, rocket, mint, and chili. Drizzle over some balsamic reduction – be generous, it's so delicious! Then slice the warm lamb quite thinly and plate up next to the salad. Drizzle the lamb with 5–10 milliliters of extra virgin olive oil and give it a final light pinch of our **Moroccan spice** and it's time to serve.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>