

Tender Lamb Backstraps with Lemon Myrtle CousCous

Serves 4

4 lamb backstraps
1 clove garlic crushed
½ teaspoon coarse ground sea salt
½ teaspoon fresh ground black pepper
1/3 cup Lemon Myrtle Infused Macadamia Oil
2 tablespoons parsley finely chopped

2 cups (400gm) CousCous
2 cups water
½ teaspoon salt
1 tablespoon Lemon myrtle Macadamia Oil

Sprinkle lamb with salt, pepper and crushed garlic, marinate in Lemon Myrtle Infused Macadamia Oil for 1 hour. This will tenderise the lamb beautifully. Heat the remaining oil from the marinade(about a tablespoon) in a heavy based frypan on high heat. Add the lamb backstraps and brown them on each side. Reduce heat to medium and cook lamb until still slightly pink in the centre (about 4 minutes per side)
Remove from heat, allow to cool for a few minutes to let the juices draw back into the meat and then cut into ½ cm slices.

While lamb is cooking bring 2 cups water to boil in saucepan. Remove from heat and add 1 tablespoon Lemon myrtle infused Macadamia oil and ½ teaspoon salt .
2 cups of CousCous , stir and cover and allow to stand for 2-3 minutes while the CousCous swells. Stir and serve on individual plate

Arrange Lamb slices on CousCous and sprinkle with chopped parsley

Serve with a fresh green salad in summer or steamed crisp green beans on a cold night