

Harissa-crusted rack of PGI Welsh lamb with pomegranate couscous

SERVES 4 AS A MAIN COURSE



2 trimmed racks of PGI Welsh Lamb
100g breadcrumbs
2 tablespoons pomegranate molasses
1 tablespoon harissa

120g couscous
1 large courgette

100g pomegranate seeds
1 lemon
175g water
½ teaspoon turmeric
½ teaspoon paprika
1 small handful parsley

- 1 Preheat your oven to 190°C.
- 2 Season the lamb with salt and pepper to taste, before searing on all sides in a hot frying pan with a tablespoon of oil.
- 3 Mix the harissa and the breadcrumbs together in a small food processor, you may also need to add a drizzle of olive oil to thin the harissa out a bit.
- 4 Remove the lamb from the pan when brown on all sides and brush with pomegranate molasses, then press the breadcrumbs onto the sticky molasses to coat the rack.
- 5 Place the lamb on a rack on a baking tray and place into the hot oven for 8 minutes, at which point you can check for doneness with a meat thermometer, or by inserting a metal skewer to the bone – the skewer will be hot to the touch when you remove it from the lamb if it is cooked medium.
- 6 While the lamb is in the oven, slice the courgette into ribbons with a vegetable peeler and chargrill. Also, toss the dry couscous with the spices and a pinch of salt, boil the water and pour it over the couscous in a bowl, and cover.
- 7 When the lamb is cooked, uncover the couscous and fluff it up with a fork, stir through the chopped parsley and pomegranate seeds, carve the rack of lamb and serve it on top of the couscous, with wedges of lemon.



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