



BBQ Marinated Lamb

WITH RAINBOW ROOT VEGETABLES & OLIVES



INGREDIENTS

2.5kg lamb rib chops, French trimmed

Marinade

6 garlic cloves, roughly chopped
10g rosemary leaves
10g thyme leaves
1/4 cup Plenty Safflower Oil
1/4 cup preserved lemon, finely chopped

Rainbow root vegetables

1 tbsp dried mixed herbs
1/4 cup Plenty Safflower Oil
1/2 cup large green or purple olives
4 - 5 rainbow Dutch carrots, cut in half lengthways, retain a little of the stems
1 cup beetroot, roughly chopped into large pieces
1 cup turnip, roughly chopped into large pieces
1 cup pumpkin, roughly chopped into large pieces
1 cup white (roasting) potatoes, roughly chopped into large pieces

Serves 6

Complexity - easy

10 minutes prep

45 minutes cook

Macadamia dressing

2 tbsp toasted macadamias, roughly chopped
4 tbsp Plenty Macadamia Oil
1 tbsp each basil & parsley, chopped
1 tbsp preserved lemon, chopped
Juice of 1/2 lemon and zest
1/2 tsp salt or to taste
Pepper to taste

METHOD

1. Mix marinade ingredients together in a bowl, add lamb, coat well, cover and refrigerate for at least 2 hours, or up to overnight.
2. Preheat oven to 200°C. Mix all root vegetable dish ingredients together in a large bowl, toss well, then place carefully onto a lined baking tray and cook for around 45 minutes or until harder root vegetables are cooked through. Gently turn the vegetables a couple of times during the cook. Let some of them char a little, it adds flavour and charm.
3. While the vegetables are cooking, mix macadamia dressing ingredients together, whisk well and put aside.
4. When the vegetables are just about ready, grill the lamb chops on a grill plate or BBQ till medium rare. Serve all together and drizzle everything generously with macadamia dressing.

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



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TIPS

1. Experiment with your potatoes – Kipfler would be lovely with this recipe!
2. If you want to use fresh herbs with the roast veges, try thyme and rosemary.
3. Experiment with your olives too! Try a mix of pitted Kalamata and Sicilian.



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia. We used advanced technologies and processes to ensure purity and wholesomeness. We work with local growers who demonstrate sustainable practices.