

Lamb Backstrap with White Bean Puree & Stuffed Zucchini Flowers

recipe by *What to Cook Tonight for CamilleStyles.com*

Ingredients:

- 4 lamb backstraps, at room temperature
- 3 cloves garlic, crushed
- 100ml olive oil
- 1 tbsp sherry vinegar
- 1 cup fresh oregano, leaves picked
- Salt & pepper
- 2 purple carrots, blanched & quartered
- 100ml basic vinaigrette
- 50g kalamata olives, sliced
- 150g marinated Persian feta

White bean puree:

- 1 tbsp extra virgin olive oil + extra to serve
- 1 small brown onion, chopped
- 1 clove garlic, crushed
- 2 sprigs fresh rosemary, finely chopped
- 2 tbsp lemon juice & zest
- ½ cup chicken stock
- 2 x 400g cans cannellini beans, drained & rinsed

Stuffed zucchini flowers:

- 8 zucchini flowers, stamens removed
- 60ml oil
- ½ small brown onion, diced
- 70ml passata
- Pinch of ground cumin
- 1 tbsp mint, chopped
- 80g long-grain rice, cooked al-dente

Cooking tip: You can cook the rice for the Zucchini flowers well beforehand and set aside. You can also prepare the white bean puree beforehand too, that will make it easier to tackle the rest of the recipe.

Method:

1. Start by preparing the lamb marinade. In a small bowl combine the garlic, olive oil, vinegar, oregano and a little salt & pepper. Pour over the lamb and set aside to bring to room temperature.
2. To make the white bean puree, heat oil in a large frying pan over medium-high heat. Add onion and cook, stirring, for 3-4 minutes or until softened. Add garlic, lemon zest and rosemary. Cook until fragrant then stir in lemon juice, chicken stock and beans. Bring to the boil then reduce heat to low and simmer for 5 minutes. Remove from heat and cool. Transfer the mixture to a blender or food processor and blend until bean mixture is smooth. Season to taste and drizzle with extra virgin olive oil. Set-aside until ready to use.
3. For the stuffing of the zucchini flowers, heat oil in a saucepan over medium heat. Add onion and sauté for 2-3 minutes. Stir in passata, mint and cumin, season to taste and bring to the boil. Add the cooked rice, combine and remove from heat. Set aside.
4. Preheat oven to 170c (338f). Carefully open petals of a zucchini flower and place a teaspoon of the rice stuffing mixture inside, then twist the tops of the petals to enclose. Repeat with the remaining flowers. Place zucchini flowers in a single layer in a lightly oiled roasting pan, season to taste and drizzle with extra virgin olive oil. Add enough water up to a third of the zucchini flowers and bake until tender (20-25 minutes).
5. Meanwhile, heat a chargrill pan (or griddle pan) to a high heat. Grill the lamb for 2-3 minutes on each side. Remove from pan and rest for 6 minutes, loosely covered with foil.
6. While the lamb is resting, heat a small saucepan over a low heat; add vinaigrette, olives and feta for the dressing. Stir gently to warm through. Also heat a small fry pan over a medium heat to gently warm the blanched carrots. Now you can also reheat the white bean puree in a separate saucepan.
7. Serve the lamb on the puree, drizzled with the feta dressing, and with the purple carrots and stuffed zucchini flowers on the side.