

Lamb with Aubergine and Tomatoes

To serve four

600g lean lamb such as rump or other leg pieces

(150 to 180g per person)

A few sprigs fresh rosemary

A little olive oil

Salt and black pepper to season

1 medium sized aubergine (400g)

1 teaspoon ground cumin (5g)

1 teaspoon ground coriander (5g)

20mls olive oil

1 red onion

1 garlic clove

2 ripe tomatoes sliced into thin rounds

8 fresh basil leaves

Preheat oven to 200°, slice eggplant into large rounds, slice onions and garlic, mix spices with olive oil and brush over the aubergine slices, season with salt and bake in roasting dish along with the onions and garlic for around 25 minutes turning once or twice during this time.

Meanwhile chop the rosemary, rub onto lamb, Seal the lamb quickly in a pan and place in same oven, if the pieces of lamb are around 150 to 200g they will need to cook for around 15 minutes, rest in a warm place.

When the aubergine are cooked, remove from oven, place a couple of basil leaves onto each slice arrange the sliced tomatoes on top. Place back into oven for 5 minutes just before serving.

To serve, simply place a portion of the aubergine and tomato onto four plates, carve the lamb into thin slices and arrange on top, serve with a fresh salad such as rocket leaves and a light dressing.