



Roasted Lamb Rump with Tomatoes

SERVES 4

INGREDIENTS

2 tsp olive oil
2 large red onions, peeled and thinly sliced
½ cup salt reduced chicken stock
50ml balsamic vinegar
8 roma tomatoes, halved
Olive oil spray
480g lamb rump, fat trimmed
Handful fresh basil leaves, torn
200g spinach, wilted
Salt and pepper, to season

METHOD

1. Heat the oil in a heavy based saucepan. Add the onions and cook on low heat for 10 minutes. Add the stock and simmer over low heat for 10 minutes or until there is very little liquid remaining. Add the vinegar and set aside.
2. Meanwhile preheat the oven to 180°C. Place tomatoes on a baking tray, spray with olive oil and sprinkle with salt and black pepper. Roast for 30 minutes.
3. Heat a non-stick frying pan or grill plate over a high heat, spray with olive oil and sear the lamb rump on all sides. Transfer to the oven and cook for 8-10 minutes or until cooked to your liking. Rest for 5 minutes, then slice the rump into thick slices.
4. Serve the lamb with the onions, tomatoes and wilted spinach. Garnish with basil leaves.

