



Rosemary Lamb Steaks with Ratatouille

SERVES 4

INGREDIENTS

4 x 120g lamb loin or fillet (females)
4 x 220g lamb loin or fillet (males)
1 tablespoon dried rosemary
Salt and pepper
Olive oil spray

RATATOUILLE

1 aubergine, cut into 2cm dices
Salt
1 teaspoon olive oil
1 red onion, diced
1 garlic clove, crushed
2 zucchini, diced

1 red pepper, seeded and diced into 2cm pieces
400g can crushed tomatoes
1 cup water
1/2 cup fresh basil, roughly chopped

METHOD

1. Place aubergine dices in a colander and sprinkle with salt. Leave for 30 minutes and drain.
2. Heat oil in a large pan, add onion, garlic, and cook until tender. Add all other vegetables and cook, stirring for 2 minutes. Add tomatoes, water, and basil. Reduce the heat and simmer for 45 minutes until all vegetables are cooked.

TO COOK LAMB

1. Sprinkle each lamb steak with rosemary, salt and pepper and spray with olive oil. Set aside.
2. Scar meat 3 minutes each side on a barbecue plate or grill.
3. Put into lined baking dish and top with half the ratatouille.
4. Bake for 5-10 minutes or until cooked to your liking.
5. Rest for 10 minutes and serve with the remaining ratatouille.

Tip: The ratatouille flavour develops with time, so make it the day before and reheat gently.

