

## QUICK ROASTED LAMB RACK, EGGPLANT AND HERBS

### EQUIPMENT

LARGE SOLID BAKING TRAY, CHEF'S KNIFE, MIXING BOWL

### INGREDIENTS

1 X 5-7 POINT FRENCHED LAMB RACK, 1 LARGE SHALLOT, 1 CLOVE GARLIC, 1 SPRIG ROSEMARY, 4 BABY OR GRAFFITI EGGPLANT, 2 SPRIGS FRESH MINT, 2 SPRIGS PARSLEY, LEMON INFUSED EXTRA VIRGIN OLIVE OIL, SALT FLAKES

### METHOD

TO BEGIN: FINELY DICE THE SHALLOT AND CHOP THE GARLIC AND ROSEMARY AND PLACE THEM IN A SMALL MIXING BOWL WITH A GENEROUS SPLASH OF LEMON INFUSED EXTRA VIRGIN OLIVE OIL. MIX ALL THE INGREDIENTS TOGETHER AND SET ASIDE.

CUT OFF THE TOPS OF THE EGGPLANT AND DISCARD AND CUT EACH EGGPLANT INTO 4 WEDGES. PLACE THE EGGPLANT IN THE MIDDLE OF A LARGE BAKING TRAY AND SEASON WITH SALT AND DRESS WITH THE SHALLOT, GARLIC AND ROSEMARY MIX.

PLACE THE LAMB RACK ON TOP OF THE EGGPLANT, SEASON WITH SALT AND SPOON OVER THE REMAINING SHALLOT MIXTURE.

PLACE THE LAMB INTO A PRE-HEATED COMBI SETTING 200°C FOR 25 MINUTES.

WHILE THE LAMB COOKS PICK AND SET ASIDE THE PARSLEY AND MINT LEAVES.

ONCE COOKED REMOVE THE LAMB FROM THE OVEN AND SET ASIDE TO REST FOR 5-10 MINUTES. TOSS THE MINT AND PARSLEY LEAVES THROUGH THE EGGPLANTS TO WILT THEM SLIGHTLY.

TO FINISH PLACE THE EGGPLANT AND HERB MIX ON A LARGE SERVING PLATTER AND PLACE THE LAMB ON TOP. SPRINKLE OVER A LITTLE EXTRA SALT FLAKES AND SERVE.

### HINTS & TIPS

- ASK YOUR BUTCHER TO "FRENCH" THE LAMB. THIS ESSENTIALLY MEANS THE BONES ON THE RACK ARE SCRAPED CLEAN FROM ANY MEAT AND SINEW. MAKES FOR NICER PRESENTATION AND PREVENTS BONES FROM BURNING.
- EGGPLANT IS A GREAT BASE FOR PROTEIN BASED ROAST DISHES AS THEY HAVE THE ABILITY TO DRAW FAVOUR FROM THE ROAST THAT ARE RESTING ON THEM.