

## HEALTHY ROSEMARY LAMB WITH SICILIAN VEGETABLES RECIPE



☰ Prep: 15 mins  
🕒 Cook: 30 mins  
🍴 Serves: 4  
★ ★ ★ ☆ ☆

### Ingredients

- ▲ 4 x 120 g lamb leg steaks, trimmed of fat
- ▲ 4 cloves garlic, crushed
- ▲ 4 sprigs rosemary
- ▲ 8 baby potatoes, unpeeled and washed
- ▲ olive or canola oil spray
- ▲ 1 large onion, diced
- ▲ 2 sticks celery, diced
- ▲ 1 eggplant, cut into 1cm cubes
- ▲ 1 zucchini, cut into 1cm cubes
- ▲ 1 red capsicum, seeded and diced
- ▲ 400 g can no-added-salt diced tomatoes with basil, onion and garlic
- ▲ 2 tbs balsamic or red wine vinegar
- ▲ 1/2 cup olives, pitted and sliced
- ▲ pepper, to taste
- ▲ 1 cup basil leaves, chopped

### Method

1. Slice steaks in half lengthways and add to a dish with 2 cloves crushed garlic and the finely chopped leaves from 2 sprigs of rosemary.
2. Coat lamb with garlic and rosemary and set aside while vegetables are prepared.
3. Place unpeeled potatoes in a saucepan and cover with water. Bring to the boil and allow to simmer for 10 minutes or until they can be easily pierced with a knife. Drain and set aside.
4. Spray a large non-stick frypan with oil and place on high heat. Add lamb and sear on both sides for 30 seconds until browned.

Remove from the pan; cover to keep warm.

5. Cook onion with remaining 2 cloves garlic over medium to high heat for 3 minutes, stirring often; add celery and eggplant and stir for 2 minutes.
6. Add zucchini, capsicum, tomatoes, vinegar, olives and remaining 2 rosemary sprigs; season with pepper.
7. Simmer covered for 20 minutes, or longer if time permits, stirring occasionally until thickened. Remove rosemary sprigs.
8. Return lamb to the pan to cook for 2 minutes each side or until cooked to your liking.
9. Place lamb on serving plates then stir basil through vegetables and serve with potatoes.

### Hint

This eggplant and vegetable stew known as 'Caponata' is great served warm or cold on bread, polenta, gnocchi or as a pasta sauce.

Cover bowl, refrigerate and marinate lamb for as long as time permits, from 30 minutes to overnight.

### Nutrition Information

	per serving	per 100g
Energy	2187 kJ	337 kJ
Protein	45.8 g	7.1 g
Fat, total	16.1 g	2.5 g
— saturated	3.9 g	0.6 g
Carbohydrate	41.4 g	6.4 g
— sugars	13.1 g	2 g
Sodium	791 mg	122 mg
Fibre	11.6 g	1.8 g