



Mediterranean lamb salad for two

Ingredients for Two

300 grams lamb loin
2 tsp lemon juice
2 Tbsps. olive oil
½ large Eggplant
2 handfuls of mesclun salad greens
1 Tbsp. sundried tomato
1 tsp Tuscan seasoning (Masterfoods)
2 portobello mushrooms
1 tsp capers
½ tsp black pepper
1 Tbsp. kalamata black pitted olives
2 Tbsps. Balsamic vinegar
1 Tsp toasted sesame seeds

Method

1. Cut the eggplants into large cubes, slice the mushrooms and mix with a little olive oil and season, roast in the oven, cool.
2. Add all the marinade ingredients together and lightly blitz in food processor
3. Gently massage into the lamb and add olive oil so just covered. leave to marinate for a minimum of one hour.
4. Pat dry the lamb with paper towels, Sear in a hot pan all over and place in a moderate oven for approx. 5 mins or until med/rare or preferred doneness.
5. Remove from oven and rest the meat.
6. Slice the meat and serve with the eggplant and salad greens garnished with toasted sesame seeds, olive oil and seasoning.