

# Baked Lamb with Lentil and Eggplant Salad



Ballarat Health Services

## Ingredients

1.2kg boned and rolled lamb forequarter  
1/2 cup extra virgin olive oil  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/4 teaspoon dried chilli flakes  
1 1/2 teaspoons sumac  
2 medium eggplant, cut into thin wedges  
4 baby cucumbers, halved, thinly sliced lengthways  
3 green onions, thinly sliced  
2 x 420g cans lentils, drained, rinsed  
2 tablespoons red wine vinegar  
2/3 cup fresh coriander sprigs

## Tomato chilli sauce

1 tablespoon extra virgin olive oil  
1 brown onion, finely chopped  
3 garlic cloves, crushed  
2 fresh long red chillies, thinly sliced  
410g can crushed tomatoes  
2 teaspoons caster sugar  
1 tablespoon pomegranate molasses



## Method

- Step 1** Preheat oven to 200C/180C fan-forced. Line a small baking tray and a large baking tray with baking paper.
- Step 2** Place lamb on small prepared tray. Drizzle with 2 tablespoons oil. Sprinkle with cumin, coriander, chilli flakes and 1/2 teaspoon sumac. Season with salt and pepper. Rub to coat. Heat a frying pan over medium-high heat. Add lamb to pan. Cook for 1 minute on each side or until browned all over. Return to tray. Bake for 1 hour for medium or until cooked to your liking. Remove from oven. Cover loosely with foil. Stand for 15 minutes. Slice.
- Step 3** Meanwhile, place eggplant on large prepared tray. Drizzle with 2 tablespoons oil. Season with salt and pepper. Bake for 30 minutes or until golden and tender.
- Step 4** Place eggplant, cucumber, onion, lentils, vinegar, remaining sumac and remaining oil in a large bowl. Season with salt and pepper. Toss gently to combine.
- Step 5** Make Tomato chilli sauce: Heat oil in a small saucepan over medium-high heat. Add onion, garlic and fresh chilli. Cook, stirring occasionally, for 5 minutes or until onion has softened. Add tomatoes, 1/4 cup water, sugar and molasses. Bring to the boil. Reduce heat. Simmer for 5 to 7 minutes or until mixture has thickened. Transfer to a small serving bowl.
- Step 6** Sprinkle eggplant salad with coriander sprigs. Serve lamb with tomato chilli sauce and eggplant salad