

## Lamb and Veggie Stack



### Ingredients

- 2 250g Lamb Fillets
- 1 Red Capsicum
- 1 Zucchini
- 1 Lebanese Eggplant
- 1 Clove Garlic
- 1 Spanish Onion
- 1 Tomato
- 2 Potatoes
- 2 sprigs Coriander (With Roots)
- 1 tablespoon Cumin Powder
- 1 tablespoon Coriander Seed
- 1 tablespoon Paprika
- 1 teaspoon Chilli Powder
- ½ cup White Wine
- ½ cup Olive Oil
- ¼ cup Balsamic Vinegar
- 1 teaspoon Salt & Pepper

### Method

1. Chop tomato, coriander and onion roughly.
2. Place in a bowl.
3. Place lamb fillet in the bowl with the chopped tomato.
4. Add spices to the bowl: salt, pepper, cumin, coriander seeds, paprika, chilli powder, garlic, wine and olive oil.
5. Rub ingredients into the meat allowing for flavours to be absorbed.
6. Cover bowl with cling wrap and set aside for marination for approximately 20 minutes.
7. Core and clean red capsicum and cut top and tail. Slice into four strips.
8. Slice eggplant into 2 cm thickness vertically, this will give you a round sliced eggplant.
9. Sprinkle salt on before cooking so it's not bitter.
10. Slice zucchini vertically down the centre and then into half.
11. Wash potatoes and slice into 1 centimetre chip cuts.
12. Leaving unpeeled for flavour.
13. Toss all vegetables in salt, pepper and olive oil and set aside.
14. Lightly brush olive oil on to the grill being careful of the flame.
15. Place all vegetables evenly across the grill.
16. Allow for 5 minutes each side.
17. Place fillet on the hottest part of plate avoiding the fillet sticking to the plate.
18. Seal and cook fillet on one side for 4 to 5 minutes.
19. Whilst cooking use a pastry brush to reglaze marinade continuously throughout the duration, turn fillet over repeating cooking time.
20. Remove vegetables and lamb from the grill.
21. Slice the lamb vertically to show the texture of the meat inside and out.
22. Drizzle over olive oil and balsamic vinaigrette with a pinch of salt and pepper and serve with a sprig of coriander.

*Tip: If using a BBQ plate as opposed to a grill, allow the plate to heat and sprinkle a coat of salt covering the plate. Allow the salt to brown before adding oil and onion. Cook until onion is browning and scrape the plate clean. This process will allow you to place meat on the BBQ without the meat sticking to the plate. Simple but effective and anyone can do it.*

*Recipe brought to you by Peninsula Bulk Meats*