

BALSAMIC LAMB with EGGPLANT and SPINACH

INGREDIENTS

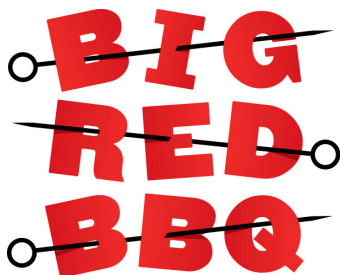
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 2 tablespoons rosemary leaves, roughly chopped
- 550g lamb loin fillets
- olive oil cooking spray
- 6 baby eggplant, trimmed, halved lengthways
- 100g baby spinach
- 200g hommus dip, to serve

METHOD

1. Combine vinegar, oil, rosemary and pepper in a shallow ceramic dish. Add lamb. Turn to coat. Cover and refrigerate for 1 hour (or longer if time permits).
2. Preheat a barbecue plate on medium-high heat. Remove lamb from marinade. Barbecue for 5 to 6 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest.
3. Spray eggplant with oil. Barbecue for 1 to 2 minutes each side or until tender.
4. Slice lamb. Arrange spinach on a serving platter. Top with eggplant and lamb. Serve with hommus.

Serves 4

	Per Serving (320g)	Per 100g
Energy	2054	670
Protein	35.5	11.6
Fat – Total	34.6	11.3
- Saturated	9.5	3.1
Carbohydrate - Total	6.4	2.1
- Sugars	3	1
Sodium	267	87



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