

# Spiced baby spinach with lamb



## Spiced baby spinach with lamb

**Preparation:** about 10 minutes

**Cooking:** about 30 minutes    **Serves:** 4

- 2 tbs olive oil
- 2 medium brown onions, halved and thinly sliced
- 2 garlic cloves, crushed
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1/3 cup currants
- 1/2 cup chicken stock
- 250g baby spinach leaves
- 1/2 teaspoon sugar
- Salt and ground black pepper
- 8 trimmed lamb cutlets
- Salt and ground black
- 250g stem truss cherry or mini Roma tomatoes, stem snipped into 4

1. Heat oil in a large frying pan over medium heat. Add onions and cook, stirring often, for 10 minutes until golden. Stir in garlic, cumin, coriander and currants and cook, stirring often, for 5 minutes. Stir in stock. Gradually add spinach and cook, tossing constantly, until spinach wilts. Sprinkle with sugar and season with salt and pepper to taste.
2. Meanwhile, preheat a char-grill or barbecue on medium-high heat. Season lamb with salt and pepper. Cook lamb for 3–4 minutes (for medium) on each side or until cooked to your liking. Transfer to a plate, cover with foil and rest for 5 minutes. Cook tomatoes for 3 minutes or until just tender.
3. Serve spiced baby spinach with lamb and tomatoes.



### Baby spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3) and folate makes spinach one of the most valuable vegetables.