

Barbecued baby eggplant & tomatoes with garlic lamb



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Preparation: about 20 mins (+ marinating time) **Cooking:** about 8 mins
Serves: 4

Ingredients:

1/4 cup lemon juice
2 tbs olive oil
3 garlic cloves, crushed
4 lamb leg steaks, flattened to 1cm thick
6 baby eggplants*, halved lengthways
2 x 250g stems truss cherry tomatoes,
snipped off main stems
olive oil cooking spray
reduced fat hummus, to serve
lemon wedges, to serve

** Slender baby eggplants are available from most greengrocers and large supermarkets. They do not require salting.*

Method:

1. Combine lemon juice, oil and garlic in a shallow dish. Add lamb and turn to coat in garlic mixture. Cover and refrigerate for 1 hour or longer if time permits.
2. Preheat a greased barbecue grill or char-grill on high heat. Barbecue lamb, basting with remaining marinade occasionally, for 2 minutes on each side (for medium-rare) or until cooked to your liking. Transfer to a plate, cover with foil and keep warm.
3. Liberally spray eggplants and tomatoes with oil. Barbecue or char-grill eggplant and tomatoes for 2–3 minutes, turning occasionally, until tender. Transfer to plate.
4. Arrange lamb, eggplant and tomatoes on serving plates. Season with salt and pepper to taste. Serve with hummus and lemon wedges.



Eggplant:

- A good source of dietary fibre, which is important to keep the bowel healthy.
- Provides some folate (one of the B vitamins important for heart health).
- To preserve its low fat content, bake, grill or barbecue eggplant rather than frying it.