

Balsamic Lamb Steaks with Mediterranean Roasted Vegetables



Preparation time: 10 mins

Cooking time: 40 mins

how to cook

- 1 Preheat the oven to Gas 5, 190°C, fan 170°C, 375°F.
- 2 To make the Mediterranean vegetables; place the peppers, aubergines and courgettes in a roasting tin, drizzle over the olive oil and sprinkle with black pepper.
- 3 Cook for 20-35 minutes or until soft and turning dark in colour.
- 4 Prior to the end of the vegetable cooking time, heat the butter in a large frying pan over a moderate heat. Add the leg steaks and fry for 2-3 minutes on each side.
- 5 Just before the end of the cooking time sprinkle over the balsamic vinegar and heat for a further minute.
- 6 To serve: Pile the roasted vegetables on four serving plates, top with the lamb and pour over the juices from the frying pan.
- 7 Garnish with basil and serve immediately.

what you need

- 250g thin sliced John Penny lamb leg steaks
- 1 red and 1 yellow pepper, deseeded and cut into 2cm pieces
- 1 aubergine, cut into 2cm pieces
- 1 courgette, cut into 2cm pieces
- 3 tablespoons olive oil
- freshly ground black pepper
- 25g butter
- 1 tablespoon balsamic vinegar
- Sprigs of fresh basil

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