

Lebanese Spiced Lamb Baba Ghanoush



Preparation time: 75 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes



Ingredients

BABA GHANOUSH

- 2 (600g) medium eggplants
- 1 clove garlic, crushed
- 1 tbsp tahini
- $\frac{1}{4}$ cup (60ml) lemon juice
- 2 tbsp olive oil, plus extra to oil baking tray

SPICED LAMB

- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 500g lean lamb mince
- ½ tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 fresh long red chilli, thinly sliced
- 2 tbsp honey
- 1 lemon
- ¼ cup small fresh mint leaves
- 4 eggs
- Warmed wholemeal or wholegrain flatbread and lemon wedges, to serve
- Garden salad, to serve

Method

BABA GHANOUSH

1. Preheat oven to 220°C/200°C fan-forced.
2. Pierce eggplants all over with fork. Place on an oiled baking tray. Roast, turning occasionally, for 40 minutes or until eggplant is soft. Stand for 10 minutes. Halve eggplant. Scoop out flesh and discard skin. Place eggplant flesh in a food processor with crushed garlic, tahini, juice and oil.
3. Process until almost smooth. Season to taste. Set aside.

SPICED MINCED LAMB

1. Heat half the oil in a large frying pan over medium-high heat. Cook onion and garlic, stirring, for 5 minutes or until softened.
2. Add lamb, spices and half the chilli. Cook, stirring for 10 minutes or until lamb is browned and cooked. Add honey. Cook for 5 minutes or until lamb is golden and crisp. Squeeze over juice of half a lemon.
3. Meanwhile, heat remaining oil in a medium frying pan over medium-high heat. Crack eggs into the pan and cook for 3 minutes, sunny side up.
4. Spread baba ghanoush over base of a serving platter. Spoon over lamb mixture. Top with eggs, mint and remaining chilli. Serve with warmed flat bread, garden salad and lemon wedges.

Notes

Baba ghanoush can be made up to 3 days ahead. Store, covered, in the refrigerator. Warm flatbread in the oven for the last 5 minutes of eggplant cooking time.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
492g	2660kJ 636kcal	39.7g	35.5g	7.1g	33.2g	20.5g	321mg	11.3g

All nutrition values are per serve.

