

Prego

BALSAMIC LAMB

Cumin Roasted Eggplant, Rocket, Mint-Parsley Pesto

(Serves 2) EASY ★★☆☆ TIME:30mins



INGREDIENTS

Lamb Chops, marinated	6 pcs
Roasted Eggplant, precooked	200gm
Mint-Parsley Pesto	100gm
Rocket Leaves	1 bag
Red Wine Dressing	20ml
Salt, to taste	
Black Pepper, to taste	

METHOD

1. Remove lamb chops from the bag and lightly wipe off marinade.
2. Preheat pan on medium high heat.
3. Sear meat till golden brown for about 1 minute on each side. Transfer to a plate and rest the lamb chops for 4 minutes.
4. Reheat eggplant in oven at 160°C for 5-6 minutes.
5. Dress rocket leaves with red wine dressing and add seasoning if needed.
6. Arrange lamb chops on plate with eggplant and dressed leaves on top, with pesto on the side.


*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

