

## Lamb with Red Capsicum Sauce

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Serves 4

(Preparation time - 20 minutes; total cooking time - 40 minutes;

**Ingredients: -**

2 - red capsicums

3 - medium tomatoes, cored

1.25ml/¼ tsp - ground cumin

5ml/1 tsp - ground coriander

5ml/1 tsp - chopped chilli

freshly ground pepper to taste

10ml/2 tsp - chopped mint (preferably fresh)

1 - clove garlic (optional)

4 - lamb steaks, trimmed of all fat

fresh coriander leaves for serving

**Method: -**

Preheat oven to 240°C/475°F/gas mark 9

Place capsicums on oven shelf and bake for 15 minutes.

Add tomatoes and cook for a further 10 minutes.

When cool enough to handle remove blackened skin from capsicums and tomatoes.



Place flesh in blender or processor, add cumin, coriander, chilli, pepper, mint and garlic.

Process until smooth and set aside.

Grill lamb steaks as preferred.

Place some roasted capsicum sauce on each plate, top with a grilled lamb steak.

Add a few sprigs of fresh coriander.

Serve with your favourite vegetable or salad.

Replace chicken into the pan, add the diced cucumber, cover and simmer for about 30 minutes.

Alternatively transfer to an oven proof casserole dish and cook in a preheated oven for 30/40

minutes at oven temperature 180°C/350°F/gas mark 4.

Adjust seasoning and serve.