

Herby Lamb Fillet with Caponata



Serves 2 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

For the caponata

2 tsp rapeseed oil
1 red onion, cut into wedges
1 aubergine, sliced & quartered
500g carton passata
1 green pepper, quartered, deseeded & sliced
6 pitted Kalamata olives, halved & rinsed
1 tsp chopped rosemary
1 tsp balsamic vinegar

For the lamb & potatoes

4 baby new potatoes, halved
1 tsp chopped rosemary
1 tsp rapeseed oil
250g lean lamb loin fillet, fat removed
240g bag baby spinach
finely chopped parsley (optional)

1. Heat the oil for the caponata in a wide pan, add the onion and fry for 5 mins to soften. Tip in the aubergine and cook, stirring, for 5 mins more. Add the passata and pepper with the olives, capers, rosemary and balsamic vinegar, then cover and cook for 15 mins, stirring frequently.
2. Meanwhile, heat oven to 190C/170C fan/ gas 5. Boil the potatoes for 10 mins, then drain. Mix the rosemary and some black pepper, then rub all over the lamb. Toss the potatoes in the oil with some more black pepper, place in a small roasting tin with the lamb and roast for 15-20 mins. Meanwhile, wilt the spinach in the microwave or in a pan, and squeeze to drain any excess liquid.
3. Serve the lamb with the potatoes and spinach and some finely chopped parsley.