

# ROASTED LAMB FILLET WITH PROVENCAL VEGETABLES AND GRATIN DAUPHINOISE

## METHOD

### PROVENCAL VEGETABLES

Dice all the vegetables into a 5cm pieces, saving any trimmings left from the red onion and red pepper, for the sauce.

In a saucepan, heat a little olive oil and gently fry the red onion and the crushed garlic for 2 minutes. Add the red pepper and cook for 1 minute. Add the aubergine and cook for 3 minutes. Add courgettes and both fresh and tinned tomatoes bring to the simmer and cook for 5 minutes. Remove from heat. Tear 1 basil leaf and add to the vegetables and season with salt and pepper. Put to one side.

### LAMB

Heat a non stick pan. Rub the lamb with olive oil and season with salt and pepper. Fry on all sides until golden brown for approximately 6-7 minutes. Transfer onto a clean tray and allow to rest in a warm place. Preferably the oven set at 80-90°C for at least 15 minutes.

### SAUCE

Fry the red onion and red pepper trimmings in a frying pan with a tsp sugar and ¼ clove garlic until caramelised. Add 150mls balsamic vinegar bring to the boil and boil for 5 minutes. Add 150mls gravy bring back to boil. Remove from heat, add 5 basil leaves and 200mls olive oil and allow to stand for 30 minutes. Strain into a small sauce pan.

**CANNON**  
THE ART OF COOKING

Serves 6

## INGREDIENTS

6 x 175g lamb fillet cut from the best end  
Salt pepper  
150mls gravy  
2 small red peppers  
1 small red onion  
1 clove of garlic, crushed  
1 large courgette  
1 small aubergine  
3 ripe tomatoes, seeded and coarsely chopped  
1 small tin plum tomatoes, juice removed and coarsely chopped  
6 basil leaves  
Olive oil  
500g bag washed baby spinach  
50g butter

(For the Gratin Dauphinoise see separate recipe)

## TO SERVE

Wilt the spinach in the butter and season with salt and pepper.  
Spoon a little spinach into the bottom of 6 salad rings, top with some vegetables (reheated if necessary) and finally top with a little more spinach.  
Arrange on six clean white plates placing the gratin dauphinoise next to the vegetables. Slice the lamb fillets into three and place next to the potato and vegetables. Warm the sauce and spoon over the lamb. Serve.