

Lamb Chops With Roasted Peppers

One of the things that I love about food is that it can act as a time machine, food can transport you back in time and this dish does exactly that.

Every time I eat this it takes me back to my childhood. My mum would make this for us, it was one of my favourite dinners growing up. Such a simple recipe but hits the spot every time.



Serves: 2

Prep Time: 5 minutes

Rest/Marinate Time: 0

Cooking Time: 1 hour

Ingredients

- 8 lamb chops or cutlets.
- 2 red peppers.
- 1 yellow pepper.
- 1 red onion.
- 1 aubergine.
- 5 tbsps of extra-virgin olive oil.
- 3 tbsps of sherry vinegar or red wine vinegar.

Method

- Take the peppers, aubergine and onion (keeping it in its skin) and pop into a roasting tray. Drizzle the veg with a little olive oil, season and roast in a preheated oven set at 150°C for 45 minutes or till super tender.
- Once out of the oven pop the veg into a bowl and cover with clingfilm or you can just cover the roasting tray. Leave for 15 minutes to steam, this will make it easier to peel.
- Take the peppers, remove the skin and seeds and cut into slices, with the aubergine remove the skin and again cut into slices and do the same with the onion. Pop the veg in a bowl with the extra-virgin olive oil, the vinegar and season well.
- For the lamb drizzle with a little oil, season and simply fry in a pan over a very high heat for a couple of minutes on each side. Depending on how thick they are they may need a little longer. You could also do this under the grill or in summer on a BBQ.
- To serve pop a generous amount of the veg on a plate, sit the chops on top and have it with some nice rustic bread and lots of aioli.