

Kamouraska lamb skewers marinated with cumin and rosemary, ratatouille confit, mint yogurt

Recette pour 4 personnes

Description

A sweet melting pot, start your trip in North Africa, and end it in the French Riviera, with a little note of a Greek island.

Ingrédients

For the lamb skewers

- 600 Gr Lamb shoulder
- 30 Ml Cumin powder
- 2 Clove(s) Garlic
- 1 Sprig(s) Rosemary
- 60 Ml Olive oil

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- Salt and pepper

For the ratatouille

- 1 Unit(s) Red onion
- 1 Unit(s) Eggplant
- 1 Unit(s) Zucchini
- 2 Clove(s) Garlic
- 3 Sprig(s) Thyme
- 1 Unit(s) Yellow pepper

- Olive oil
- Salt and pepper

For the yogourt

- 200 Ml Greek yogurt
- 1 Bunch(es) Mint
- 1 Unit(s) Lemon
- 5 Ml Tabasco

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **60 mins**

Préchauffez votre Four à 425 F°

Temps de repos ? **15 mins**

For the preparations

Chop the garlic, the Rosemary, the mint, the thyme and squeeze the lemon juice.

Cut the vegetables in small cubes.

For the lamb skewers

Put the lamb cubes in a bowl with half of the garlic, the olive oil, the cumin and the Rosemary. Let it sit for 15 minutes. Stick the lamb on skewers, sear it in a hot pan with vegetable oil until golden. Set aside on a baking tray.

For the ratatouille

In a pan with a good amount of olive oil, sweat the onion, the garlic, the thyme and the pepper for about 3 to 4 minutes. Add the zucchini and the eggplant and continue to cook until the vegetables get soft. Adjust the seasoning with salt and pepper.

For the yogurt

In a bowl, mix the yogurt, the mint, the lemon juice and the Tabasco, taste and adjust the seasoning.

For the plating

Put the lamb in the oven for 4 minutes, plate the ratatouille with a cookie cutter in the middle of the plate. Top it with the skewers and finish with a drizzle of the yogurt all around.

Bon appétit!