

Lamb skewers marinated with cumin and rosemary, confits vegetables, mint yogurt

Recipe for 4 persons

Description

A sweet meting pot, the french riviera with a little note of greek island.

Ingredients

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 vegetables

- 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

Preparation

- Preparation time **60 mins**
- Preheat your **Four** at **425 F°**
- Resting time **15 mins**

For the preparations

Chop the garlic, the Rosemary, the mint, the tyme 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 seat for 15 minutes. Stick the lamb on skewers, sire it in a hot pan with vegetable oil until coloration. Reserve it on a baking tray.

For the vegetables

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

For the yogourt

In a bowl, mix the yogourt, the mint, the lemon juice and the Tabasco, fix the seasoning.

For the plating

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

Bon appétit!