


Lamb Tacos and Eggplant Salsa

Serves: 6

Prep time: 20 minutes

Cook time: 8 hrs slow cooker + 40 minutes stovetop

 1 serve per portion

Ingredients

1kg lamb shoulder
2 sprigs rosemary
½ teaspoon cumin
½ teaspoon paprika
½ teaspoon garlic powder
½ teaspoon turmeric
½ teaspoon black pepper
1 packet taco shells
1 cup cheddar cheese, reduced fat, grated
1 cup sour cream, reduced fat

Salsa:

1 tablespoon extra virgin olive oil
1 onion, diced
2 cloves garlic, crushed
1 eggplant, cut into small cubes
1 red capsicum, diced
1 red chilli, finely diced
½ teaspoon ground cumin
¼ cup fresh coriander, finely chopped
400g can crushed tomatoes

Method

PLACE lamb into a slow cooker on low heat, sprinkle rosemary, cumin, paprika, garlic powder, turmeric and pepper over lamb.

ADD 1 cm of water to slow cooker, place lid on and cook for 8 hours.

HEAT oil in medium saucepan over medium heat and cook onion and garlic for 2 minutes.

ADD eggplant, capsicum, chilli, cumin and coriander and cook for 6-8 minutes, until eggplant starts to soften.

ADD tomatoes and gently simmer for 30 minutes.

REMOVE lamb from slow cooker and gently pull apart then place on a serving dish.

SERVE lamb with tacos, salsa, cheese and reduced-fat sour cream.



Everyday Food

Recipe courtesy of the Country Kitchens team