

Harissa roast lamb & aubergine hummus bowl

SERVES - 4

NUTRITION PER SERVING

Fat: 44 g

Carbs: 44 g / Fibre: 18 g (Net Carbs: 26 g)

Protein: 72 g

Lamb is fantastic as it's almost always raised on pasture. Slow cooking a shoulder joint produces the most succulent melt in the mouth meat with an amazing depth of flavour. New season lamb is actually in season during Summer and Autumn time - though many assume it's Spring.

Aubergines are great for fibre, vitamins B1 and B6 and potassium. Pomegranates have a wonderful sharpness and sourness to them which cuts through lamb beautifully. They are high in vitamin C, fibre, potassium and antioxidants.

INGREDIENTS

- 1 kg lamb shoulder
- 1 T harissa powder
- 250 ml water
- 2 aubergines
- 2 pointed red peppers
- 1/2 red cabbage
- 20 g flat leaf parsley
- 20 g fresh coriander
- 300 g hummus
- 1 pomegranate
- 4 T olive oil
- 1 T smoked paprika

METHOD

1. Preheat oven to 220°C / 430 F.
2. Rub lamb all over with harissa powder, place in a cast iron pot and allow the meat to come to room temperature.
3. Roast the lamb on high for 30 mins without the lid.
4. After 30 mins take the lamb out of the oven and reduce the temperature to 160°C / 320 F.
5. Add a glass of water to the pot and return to the oven with the lid on and cook for 2.5 - 3 hours - checking hourly and adding more water if necessary.
6. Slice the aubergine lengthways into 8 strips. Do the same with the pointed pepper and add to a roasting tray.
7. Drizzle over olive oil and a little harissa and rub so everything is coated and roast for 1 hour.
8. Cut pomegranate in half, hold half in your hand with the cut side between your fingers over a bowl hit the back of the fruit with a wooden spoon so the seeds fall out.
9. Take lamb out of the oven transfer to a roasting tray and allow to rest for 20 mins before shredding with 2 forks.
10. Finely shred red cabbage and add to serving bowls.
11. Add roasted aubergine and peppers to the bowl.
12. Add pulled lamb, herb salad and hummus.
13. Mix paprika with olive oil and drizzle over hummus.
14. Top with pomegranate seeds and serve.