

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

**Recipe for 4 persons**

## 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.

## 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 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

## 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 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!**