



Deliciously SATISFYING

Keep the cold at bay with this easy menu and a bottle of good red wine

MOROCCAN LAMB AND BRINJAL PARMIGIANA-STYLE BAKE

(Serves 4–6)

CHILLED

- 500g lamb mince
- 250g crème fraîche
- 2 eggs
- 2 anchovy fillets
- 60ml Parmesan cheese
- 10ml harissa paste

FRESH

- 2 large brinjals
- 1 red onion
- 2 cloves garlic
- 45ml fresh coriander

- green salad
- fresh coriander leaves (optional)

STORE CUPBOARD

- 45ml olive or avocado oil
- 5ml cumin seeds
- 15ml ground coriander
- salt and milled black pepper
- 400g jar tomato-based pasta sauce