



**Dante's**  
**FINE FOODS**

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## EGGPLANT AND LAMB ORZO PASTA

### Ingredients:

1Tbsp **The Village Press Olive Oil**  
5 Garlic Cloves, finely chopped  
1 Onion, diced  
800g diced lamb  
1 Eggplant, diced  
1 Courgette, diced  
1 Green Capsicum, diced  
1 Carrot, diced  
½ Cauliflower, cut into small pieces  
1 tin of **Ceres Organics Chopped Tomatoes**  
1 jar of **Sabato Pasta Sauce with Eggplant**  
1Tbs **The Spice Trader Italian Herb Seasoning**  
1 cup of **Rustichella Orzo Pasta**  
**Freshly ground pepper & salt to taste.**  
**Freshly grated Parmigiano Reggiano**

### Method:

Heat olive oil over a medium heat in a large fry pan. Add the onion and garlic and cook for 5-10 minutes or until onions are translucent. Turn up heat slightly add the lamb and cook for 10-15 minutes, or until the meat is fully cooked. Add all of the vegetables, stir and cook over a medium heat for 5 minutes. Add the chopped tomatoes and pasta sauce, turn up the heat and make sure the sauce comes to a boil, then reduce to a simmer. Add the herb seasoning, pepper and salt to taste. Simmer for as long as you like, up to an hour, the longer the meal cooks the richer the flavours.

Cook the orzo pasta separately. Bring 1 litre of water to the boil in a sauce pan. Add a little olive oil and the orzo pasta, cook for 8-10 minutes. Drain, rinse in cold water and mix into the sauce. Serve with freshly grated Parmigiano Reggiano.

Serves 4-6 people

## DID YOU KNOW??

We have received a few very exciting new lines into our store??

- **Raglan Coconut Yoghurt** – a dairy and gluten free, smooth yoghurt made from coconut cream, great with fruit, granola in smoothies or with desserts.
- **Little Island Coconut Cream Dessert** – a dairy and gluten free ice cream made with premium coconut cream, ethically produced using only natural and organic ingredients, comes in four flavours, Chocolate, Mango, Banana Bean and Vanilla Bean.
- **Kristy's Cereal Cakes** – Dairy and gluten free cereal cakes made from pure ingredients only, no added salt, sugar or additives. Deliciously crunchy, fresh and healthy.