



Barbecued Greek lamb with tzatziki

 Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic clove
- ☐ 4 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 1 tbsp oregano dried
- ☐ 1 tbsp thyme leaves
- ☐ 2 bay leaves
- ☐ 1 leg of lamb (see step by step guide)
- ☐ 6 servings flatbreads

- ☐ 0.5 cucumber halved deseeded
- ☐ 170 g greek yogurt
- ☐ 1 small garlic clove crushed
- ☐ 1 handful mint leaves chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Mash the garlic to a paste with a pestle and mortar.
- ☐ Mix with the olive oil, lemon juice, oregano, thyme and bay, and season with a little salt and plenty of pepper.
- ☐ Place the lamb in a large porcelain dish.
- ☐ Pour the marinade over the lamb and massage into the meat. Leave the lamb for at least 1 hr at room temperature, or longer in the fridge, but no longer than overnight or the meat will become too soft.
- ☐ To cook the lamb, fire up the barbecue, or heat the oven to 220C/200C fan/gas
- ☐ To cook on the barbecue, wait for the coals to turn ashen, then lay the lamb on the grill and cook for 15 mins on each side for meat that is pink, or 20 mins on each side for well done. To cook in the oven, place the lamb in a shallow roasting tin and roast for 30 mins for pink or 40 mins for well done, turning the lamb halfway through. Leave the meat to rest for 10 mins before carving.
- ☐ Meanwhile, make the tzatziki. Coarsely grate the cucumber, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with the yogurt, garlic and mint, and mix well. Carve the lamb into thick slices and serve with the tzatziki wrapped up in warm flatbreads.

Nutrition Facts



 **PROTEIN 51.19%**  **FAT 44.62%**  **CARBS 4.19%**

Properties

Glycemic Index:20.83, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:27.958261095959%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 418.88kcal (20.94%), Fat: 20.32g (31.26%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.4g (1.24%), Sugar: 1.49g (1.65%), Cholesterol: 153.76mg (51.25%), Sodium: 163.68mg (7.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.45g (104.9%), Vitamin B12: 6.63µg (110.42%), Selenium: 59.61µg (85.15%), Vitamin B3: 15.02mg (75.11%), Zinc: 9.43mg (62.88%), Phosphorus: 512.21mg (51.22%), Vitamin B2: 0.7mg (41%), Iron: 5.09mg (28.3%), Vitamin B6: 0.49mg (24.28%), Vitamin B1: 0.36mg (23.96%), Potassium: 800.41mg (22.87%), Magnesium: 76.69mg (19.17%), Vitamin B5: 1.91mg (19.12%), Copper: 0.35mg (17.39%), Folate: 64.98µg (16.24%), Vitamin E: 2.05mg (13.64%), Vitamin K: 12.66µg (12.05%), Manganese: 0.21mg (10.5%), Calcium: 74.23mg (7.42%), Vitamin C: 5.63mg (6.82%), Fiber: 0.88g (3.53%), Vitamin A: 119.64IU (2.39%)