



Barbecued saddle of lamb with lemon & rosemary



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

Ingredients

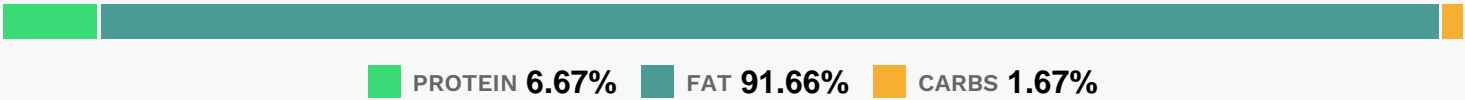
- ☐ 8 oz lamb loins
- ☐ 1 large bunch rosemary whole
- ☐ 3 garlic clove chopped
- ☐ 2 lemon grass cut in half lengthways
- ☐ 3 lemon zest
- ☐ 200 ml olive oil

Equipment

Directions

- ☐ Open up the saddle, then put the rosemary, garlic and lemongrass along the length of the joint. Season with salt and freshly ground black pepper, then roll back up, keeping it as tight as possible. Tie with string. Lightly score the fat and season all over.
- ☐ Mix the lemon zest with the olive oil, then use to baste the lamb. You can leave it to marinate in the fridge for up to a day at this stage. Bring back to room temperature before cooking and lift out of the lemon oil. When your barbecue is hot and the flames have subsided, put the lamb to the side of the coals, rather than directly over them this will help the lamb to cook gently and prevent it burning. Cook the lamb for 45 mins for medium rare, turning it regularly, or for longer if you prefer your lamb well done.
- ☐ Transfer the lamb to a serving platter and leave to rest for at least 10 mins.
- ☐ Pour over the lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.8343477871107%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 286.51kcal (14.33%), Fat: 29.52g (45.41%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.11g (0.12%), Cholesterol: 20.7mg (6.9%), Sodium: 17.71mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin E: 3.35mg (22.33%), Vitamin K: 14.78µg (14.08%), Vitamin B12: 0.65µg (10.91%), Vitamin B3: 1.72mg (8.61%), Selenium: 5.53µg (7.89%), Zinc: 1.02mg (6.81%), Phosphorus: 47.94mg (4.79%), Manganese: 0.09mg (4.71%), Iron: 0.78mg (4.33%), Vitamin C: 3.44mg (4.17%), Vitamin B2: 0.07mg (3.84%), Vitamin B6: 0.06mg (3%), Vitamin B1: 0.04mg (2.46%), Potassium: 82.7mg (2.36%), Vitamin B5: 0.2mg (1.99%), Magnesium: 7.87mg (1.97%), Copper: 0.04mg (1.94%), Folate: 7.13µg (1.78%), Fiber: 0.37g (1.47%), Calcium: 13.83mg (1.38%)