



Cook the Book: Indian Lamb and Carrot Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound carrots mixed peeled (colors if possible)
- ☐ 1 small bunch cilantro leaves fresh leaves picked
- ☐ 1 teaspoon cumin seeds
- ☐ 4 servings olive oil extra virgin
- ☐ 2 teaspoons garam masala
- ☐ 1 teaspoon ginger freshly grated
- ☐ 1.3 pounds lamb
- ☐ 1 juice of lemon

- ☐ 1 small bunch mint leaves fresh leaves picked
- ☐ 4 servings sea salt
- ☐ 1 tablespoon sesame seed
- ☐ 3 small onion red peeled

Equipment

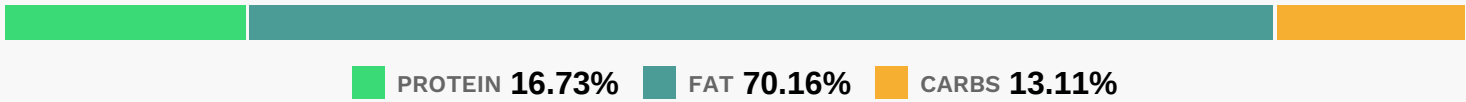
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mortar and pestle
- ☐ peeler

Directions

- ☐ Heat a large frying pan and fry your ground lamb until all the fat comes out of it.
- ☐ Add the garam masala and a good pinch of salt and give it a stir. Keep frying until the meat is crispy. Shave the carrots into long thin strips with a peeler or a mandolin slicer and keep them to one side.
- ☐ Heat a small frying pan over a moderate heat and toast the cumin seeds for 30 seconds-- they will start to smell nutty and gorgeous.
- ☐ Put them into a pestle and mortar and grind them up.
- ☐ Put the pan back on the heat and toast the sesame seeds until golden.
- ☐ Transfer to a plate.
- ☐ Slice your peeled shallots or onion wafer thin.
- ☐ To make your dressing, put the lemon zest and juice into a bowl and add the shallots or onion, grated ginger, ground cumin and a pinch of salt.
- ☐ Whisk everything together with about 5 tablespoons of extra virgin olive oil.
- ☐ Pour the dressing over the carrots, add the cilantro and mint leaves, and mix it all together using your fingers.
- ☐ Divide the crispy lamb between four plates and put the dressed salad on top.
- ☐ Sprinkle with toasted sesame.

Serve with naan bread, yogurt and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:26.476086800513%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.07mg, Quercetin: 18.07mg, Quercetin: 18.07mg, Quercetin: 18.07mg

Nutrients (% of daily need)

Calories: 623.53kcal (31.18%), Fat: 48.81g (75.09%), Saturated Fat: 16.6g (103.75%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 15.3g (5.56%), Sugar: 9.11g (10.12%), Cholesterol: 103.48mg (34.49%), Sodium: 362.36mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Vitamin A: 19130.36IU (382.61%), Vitamin B12: 3.27µg (54.57%), Vitamin B3: 9.82mg (49.11%), Selenium: 27.92µg (39.88%), Zinc: 5.45mg (36.35%), Vitamin K: 35.06µg (33.39%), Phosphorus: 303.69mg (30.37%), Potassium: 842.39mg (24.07%), Vitamin B2: 0.4mg (23.5%), Vitamin B6: 0.47mg (23.31%), Vitamin E: 3.15mg (20.99%), Fiber: 5.22g (20.89%), Vitamin C: 16.62mg (20.14%), Iron: 3.51mg (19.49%), Vitamin B1: 0.29mg (19.45%), Manganese: 0.38mg (19.21%), Folate: 68.66µg (17.17%), Copper: 0.32mg (16.13%), Magnesium: 62.46mg (15.62%), Vitamin B5: 1.36mg (13.59%), Calcium: 107.79mg (10.78%)