



# Curry Crusted Leg of Lamb with Pomegranate Raita

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 tablespoons ancho chile powder
- 2 teaspoons ground chile de arbol
- 0.3 cup canola oil
- 8 servings canola oil as needed
- 0.5 cup cucumber coarsely chopped
- 1 tablespoon mint leaves fresh chopped
- 1.5 cups greek yogurt

- 2 teaspoons ground cardamom
- 2 teaspoons ground cloves
- 4 teaspoons ground coriander
- 4 teaspoons ground cumin
- 4 teaspoons fennel powder
- 0.3 teaspoon ground pepper black
- 2 teaspoons ground pepper black
- 4 teaspoons ground turmeric
- 8 servings kosher salt
- 5 pound leg of lamb boneless
- 2 tablespoons pomegranate molasses

## Equipment

- bowl
- grill
- aluminum foil
- cutting board

## Directions

- Watch how to make this recipe.
- Combine the yogurt, pomegranate molasses, cucumber, cumin and black pepper in a bowl. Season with salt, then cover and refrigerate for at least 30 minutes.
- Add the chopped mint just before serving, if desired. Refrigerate until ready to serve.
- Heat a grill to medium heat.
- Combine the spices in a small bowl. Stir in enough oil to make a paste and set aside.
- Brush the lamb leg with some canola oil and season top side of the meat with the curry rub.
- Let it sit at room temperature for 30 minutes.
- Season the lamb with salt, to taste. Put it on the grill, spice side down, and cook until slightly charred and a crust as formed. At this point, flip the leg over, close the grill cover and cook to

a medium-rare doneness.

- Remove the meat from the grill to a cutting board, loosely tent it with foil and let it rest for 15 minutes. Thinly slice the lamb, against the grain, and arrange the meat on a serving platter.
- Serve with the raita.

## Nutrition Facts

**PROTEIN 34.44%** **FAT 56.66%** **CARBS 8.9%**

### Properties

Glycemic Index:11.75, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:32.670000200686%

### Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

### Nutrients (% of daily need)

Calories: 487.53kcal (24.38%), Fat: 30.91g (47.55%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.1g (4.55%), Cholesterol: 116.18mg (38.73%), Sodium: 422.78mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.27g (84.55%), Manganese: 4.67mg (233.27%), Vitamin B12: 5.08µg (84.75%), Selenium: 47.38µg (67.69%), Vitamin B3: 12.22mg (61.11%), Zinc: 7.58mg (50.54%), Phosphorus: 436.79mg (43.68%), Vitamin E: 6.52mg (43.44%), Vitamin A: 2157.36IU (43.15%), Vitamin B2: 0.64mg (37.55%), Iron: 6.05mg (33.62%), Vitamin B6: 0.5mg (24.77%), Vitamin K: 25.06µg (23.87%), Potassium: 814.89mg (23.28%), Magnesium: 80.02mg (20%), Vitamin B1: 0.29mg (19.33%), Copper: 0.35mg (17.4%), Fiber: 4.13g (16.54%), Vitamin B5: 1.51mg (15.08%), Folate: 48.6µg (12.15%), Calcium: 113.25mg (11.33%), Vitamin C: 1.76mg (2.13%)