



Delhi-Style Yogurt-Marinated Lamb with Nut Crust



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces almonds sliced
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon coarse kosher salt
- ☐ 1 tablespoon cumin seeds
- ☐ 4 garlic cloves chopped
- ☐ 2 inch long piece ginger fresh peeled thinly sliced
- ☐ 0.5 cup brown sugar packed ()

- ☐ 2 teaspoons ground cardamom
- ☐ 1 tablespoon ground cinnamon
- ☐ 10 pounds lamb shoulder whole trimmed ()
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 5 ounces cashew pieces raw
- ☐ 3 serrano chiles sliced into rounds
- ☐ 60 ounces whole-milk yogurt plain divided
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 pounds onions white chopped

Equipment

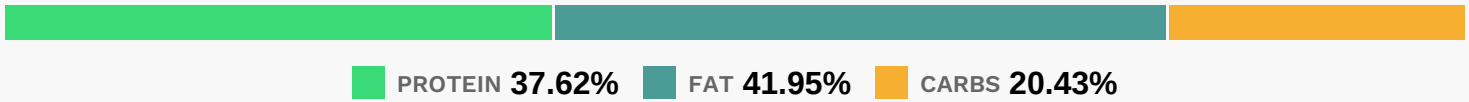
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add onions; sauté until golden, 14 minutes.
- ☐ Add garlic and next 7 ingredients; stir 2 minutes. Scrape mixture into processor.
- ☐ Add 4 cups yogurt. Blend until mixture is coarse puree; transfer to large bowl.
- ☐ Mix in 2 cups yogurt and lemon juice.
- ☐ Place 1 cup yogurt marinade in small bowl. Cover, chill, and reserve for topping.
- ☐ Place 3 cups marinade in medium bowl; mix in remaining 1 1/2 cups yogurt and season with salt and pepper. Cover, chill, and reserve for sauce.
- ☐ Place lamb in large roasting pan and shape into rectangle approximately 12x6 inches (some thin layers may overlap).

- ☐ Sprinkle with 2 1/4 teaspoons salt; spread with half of remaining marinade. Carefully turn lamb over.
- ☐ Sprinkle with remaining 2 1/4 teaspoons salt; spread with remaining marinade. Cover with plastic wrap. Refrigerate overnight.
- ☐ Preheat oven to 375°F. Blend almonds, cashews, sugar, salt, and 1 cup marinade reserved for topping in processor until nuts are coarsely chopped.
- ☐ Remove plastic and scrape most of marinade off top of lamb. Cover pan with foil and roast lamb 1 1/2 hours. Uncover; spread nut topping evenly over. Roast lamb uncovered until topping is golden and lamb is tender, about 1 hour.
- ☐ Let stand 10 minutes.
- ☐ Transfer lamb to platter.
- ☐ Serve, passing reserved sauce.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:47.530434955721%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg

Nutrients (% of daily need)

Calories: 790.44kcal (39.52%), Fat: 37.02g (56.96%), Saturated Fat: 8.25g (51.59%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 35.8g (13.02%), Sugar: 28.2g (31.34%), Cholesterol: 186.29mg (62.1%), Sodium: 1034.95mg (45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.69g (149.38%), Vitamin B12: 8.67µg (144.46%), Selenium: 75.32µg (107.6%), Zinc: 15.16mg (101.04%), Phosphorus: 1003.63mg (100.36%), Vitamin B3:

18.41mg (92.03%), Vitamin B2: 1.31mg (77.26%), Manganese: 1.2mg (60.13%), Magnesium: 211.59mg (52.9%), Calcium: 474.23mg (47.42%), Potassium: 1640.34mg (46.87%), Copper: 0.93mg (46.31%), Vitamin E: 6.37mg (42.45%), Iron: 7.63mg (42.37%), Vitamin B1: 0.56mg (37.49%), Vitamin B6: 0.71mg (35.7%), Vitamin B5: 3.48mg (34.82%), Folate: 114.74µg (28.68%), Fiber: 4.77g (19.08%), Vitamin K: 16.66µg (15.87%), Vitamin C: 10.69mg (12.96%)