



Feta-crusted lamb with rich tomato sauce

READY IN



50 min.

SERVINGS



2

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 2 servings or 8-bone lamb rack of trimmed of fat cut into two racks
- ☐ 3 sprigs thyme left whole
- ☐ 1 tbsp olive oil for frying extra-virgin
- ☐ 0.5 lemon zest
- ☐ 2 garlic cloves crushed
- ☐ 1 tsp oregano dried
- ☐ 20 g pack flat-leaf parsley
- ☐ 1 fat crushed
- ☐ 400 g canned tomatoes canned

- ☐ 50 g feta cheese crumbled finely
- ☐ 1 pinch oregano dried
- ☐ 0.5 slice bread white (use day-old if you can)

Equipment

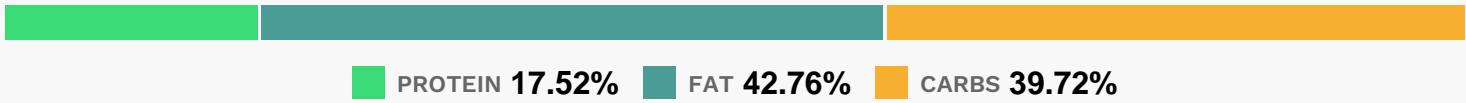
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Marinate the lamb first.
- ☐ Put the racks into a non-metallic dish and mix the thyme, oil, lemon zest, garlic and half the oregano in a bowl. Rub this all over the lamb, then leave to marinate for at least 30 mins or up to 24 hrs. Its important that you cook the lamb from room temperature rather than fridge cold, so if youre cooking within 1 hr or so, leave it out of the fridge.
- ☐ For the sauce, finely chop the parsley stalks.
- ☐ Heat a large ovenproof frying pan or wide casserole, then add 1 tbsp olive oil.
- ☐ Add the garlic and the stalks, then soften for 1 min.
- ☐ Add the tomatoes and remaining oregano, then simmer for 5 mins until saucy, popping the cherry tomatoes with your wooden spoon to release all the juices and seeds. Chop the parsley leaves roughly and add half to the pan.
- ☐ Heat oven to 230C/fan 210C/ gas
- ☐ Make the crust by mixing the remaining parsley leaves, feta, zest, oregano and breadcrumbs in a bowl.
- ☐ When youre ready to cook the lamb, leave most of the tasty marinade on the meat, season it well with salt and freshly ground pepper, then press the crust onto one side of each piece. Sit the racks in the sauce, with the crust-side facing upwards. Strew the thyme sprigs from the marinade over the lamb and into the sauce, then drizzle everything with a little extra virgin olive oil. Roast the lamb in the sauce, uncovered, for 20 mins (for pink and juicy meat) until the crust is golden and the sauce thickened. Leave to rest for 10 mins, loosely covered, so that the crust doesnt go soggy, then carve the lamb between each bone to make cutlets.

- ☐
- Serve the crusted cutlets with spoonfuls of the intense, roasted-down tomato sauce, and the Easy buttered onion pilaf and Lemony greens (recipes below).
- ☐
- Garnish with thyme.

Nutrition Facts



Properties

Glycemic Index:124.39, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:19.687391278536%

Flavonoids

Apigenin: 21.59mg, Apigenin: 21.59mg, Apigenin: 21.59mg, Apigenin: 21.59mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 146.54kcal (7.33%), Fat: 7.39g (11.37%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 12.71g (4.62%), Sugar: 5.55g (6.16%), Cholesterol: 22.25mg (7.42%), Sodium: 343.67mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Vitamin K: 176.89µg (168.46%), Vitamin C: 64.66mg (78.38%), Vitamin A: 2014.54IU (40.29%), Manganese: 0.42mg (20.92%), Calcium: 203.65mg (20.37%), Vitamin B6: 0.35mg (17.61%), Vitamin B2: 0.3mg (17.53%), Iron: 3.06mg (17%), Phosphorus: 163.17mg (16.32%), Potassium: 555.78mg (15.88%), Folate: 59.39µg (14.85%), Fiber: 2.74g (10.96%), Vitamin E: 1.64mg (10.91%), Vitamin B1: 0.16mg (10.87%), Copper: 0.21mg (10.49%), Selenium: 6.9µg (9.86%), Vitamin B3: 1.85mg (9.25%), Magnesium: 35.75mg (8.94%), Zinc: 1.27mg (8.47%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.62mg (6.2%)