



Grilled Boneless Leg of Lamb Stuffed with Olive Tapenade



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon rosemary leaves fresh chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 1.3 cup kalamata olives black with pits, yielding 1 packed cup of olive meat
- ☐ 4 pound leg of lamb boneless
- ☐ 2 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil

- ☐ 2 teaspoon orange zest thin
- ☐ 6 servings sea salt and pepper black freshly ground to taste fine

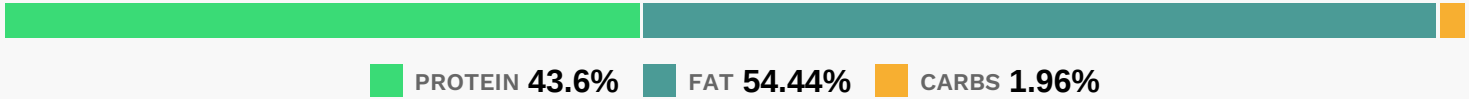
Equipment

- ☐ food processor
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Remove pits from olives.
- ☐ Place the olives, olive oil, lemon juice and lemon zest in a mini food processor and process until a paste is formed.
- ☐ Transfer to a clean container and refrigerate until needed. Will keep three to four weeks. This recipe makes more than you will need. Stuff the lamb: Unroll the lamb and spread the boned-out side with ½ cup of the olive tapenade.
- ☐ Sprinkle the orange zest on top.
- ☐ Roll up the lamb tightly, returning it to as close to the original shape as possible. Tie it at 2-inch intervals with kitchen twine. With a small, sharp knife, cut slits 2 or 3 inches apart in the top of the roast. Push the garlic slices into the slits.
- ☐ Sprinkle the roast all over with the rosemary, salt, and pepper. Wrap the lamb tightly in several layers of plastic wrap and refrigerate it for 3 days ideally, but not less than 1 day. Prepare a charcoal grill with two areas of heat, direct and indirect.
- ☐ Place the tied up lamb onto the grates over the flame. It will sputter and flare up so watch it carefully. Grill it turning often to achieve charring on all sides. Move the lamb to the low, indirect heat portion of the grate and cook with a closed grill about 1 hour until 120 degrees F. is achieved internally.
- ☐ Remove the lamb to a tray and cover loosely with foil.
- ☐ Let the meat rest for at least 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:21.369565383248%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 367.23kcal (18.36%), Fat: 21.95g (33.76%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.21g (0.24%), Cholesterol: 121.93mg (40.64%), Sodium: 557.38mg (24.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.09%), Vitamin B12: 5.14µg (85.73%), Selenium: 45.11µg (64.44%), Vitamin B3: 11.95mg (59.77%), Zinc: 7.34mg (48.96%), Phosphorus: 370.48mg (37.05%), Vitamin B2: 0.48mg (28.3%), Iron: 3.73mg (20.71%), Vitamin E: 2.79mg (18.62%), Vitamin B1: 0.28mg (18.36%), Vitamin B6: 0.34mg (17.19%), Potassium: 573.92mg (16.4%), Copper: 0.28mg (13.99%), Vitamin B5: 1.39mg (13.94%), Magnesium: 55.73mg (13.93%), Folate: 46µg (11.5%), Vitamin K: 5.98µg (5.7%), Fiber: 1.17g (4.68%), Manganese: 0.07mg (3.67%), Calcium: 31.23mg (3.12%), Vitamin C: 2.28mg (2.77%), Vitamin A: 133.68IU (2.67%)