



WHATSheATE



Grilled Butterflied Leg of Lamb with Tomato-Fennel Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy minced
- ☐ 12 servings coarse kosher salt
- ☐ 1.5 teaspoons fennel seeds
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 9 garlic cloves minced
- ☐ 4 pound butterflied leg of lamb bone-in trimmed (from one)

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup niçoise olives pitted finely chopped
- ☐ 1.5 teaspoons freshly cracked pepper black
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 cups tomatoes seeded finely chopped

Equipment

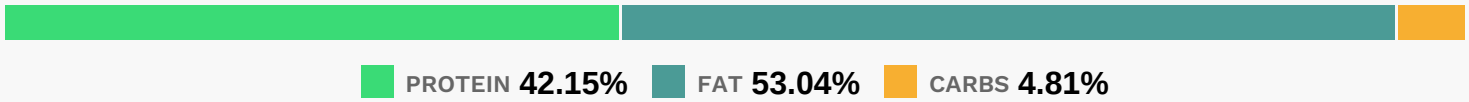
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ grill
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Combine minced garlic, chopped rosemary, minced anchovies, fennel seeds, salt, and freshly cracked black pepper in small bowl or in mortar with pestle. Using sturdy wooden spoon or pestle, mash mixture into paste.
- ☐ Mix in extra-virgin olive oil. Rub paste thoroughly over both sides of lamb.
- ☐ Place lamb in 15x10x2-inch glass baking dish; cover with plastic wrap and refrigerate overnight.
- ☐ Let lamb stand at room temperature 1 hour before grilling.
- ☐ Stir fennel seeds in small dry skillet over medium heat until fragrant and slightly darker in color, about 2 minutes.
- ☐ Transfer to medium saucepan.

- ☐ Add tomatoes, olives, and vinegar. Stir in oil; season with salt and ground black pepper. Set aside.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place lamb on grill rack. Cover barbecue and open vents; grill lamb until instant-read thermometer inserted into meat registers 130°F for medium-rare, turning occasionally, about 25 minutes.
- ☐ Transfer lamb to cutting board; let rest 10 minutes.
- ☐ Place saucepan with vinaigrette on slightly cooler part of barbecue and heat just until warm, about 5 minutes. Stir in thinly sliced basil leaves.
- ☐ Cut lamb crosswise into 1/2-inch-thick slices.
- ☐ Transfer to platter. Spoon vinaigrette over and serve.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:12.153913083284%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 194.57kcal (9.73%), Fat: 11.32g (17.41%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.71g (0.79%), Cholesterol: 61.36mg (20.45%), Sodium: 343.71mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Vitamin B12: 2.58µg (42.93%), Selenium: 23.01µg (32.87%), Vitamin B3: 6.23mg (31.15%), Zinc: 3.76mg (25.07%), Phosphorus: 197.04mg (19.7%), Vitamin B2: 0.25mg (14.69%), Iron: 2.05mg (11.38%), Vitamin B6: 0.22mg (10.81%), Potassium: 360.9mg (10.31%), Vitamin B1: 0.15mg (10.01%), Vitamin E: 1.43mg (9.56%), Magnesium: 32.07mg (8.02%), Copper: 0.16mg (7.95%), Vitamin K: 8.18µg (7.79%), Manganese: 0.15mg (7.43%), Vitamin B5: 0.73mg (7.34%), Folate: 26.68µg (6.67%), Vitamin A: 267.33IU (5.35%), Vitamin C: 4.34mg (5.26%), Fiber: 0.75g (2.99%), Calcium: 22.62mg (2.26%)