

food
network



HEALTH SCORE

78%

Grilled Marinated Lamb with Mache and Mint



Gluten Free



Dairy Free



Very Healthy

READY IN



195 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup chickpeas dried
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 cloves garlic finely minced
- ☐ 4 garlic cloves chopped
- ☐ 1 juice of lemon juiced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3.5 pound leg of lamb boneless

- ☐ 3 lemon zest juiced
- ☐ 1 bunch lambs lettuce
- ☐ 1 bunch mint leaves
- ☐ 0.5 cup olive oil extra-virgin as needed plus more
- ☐ 0.5 cup olive oil extra-virgin plus more for grilling
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon oregano fresh
- ☐ 1 tablespoon parsley finely chopped for garnish
- ☐ 0.3 cup red wine vinegar
- ☐ 2 scallions sliced thin

Equipment

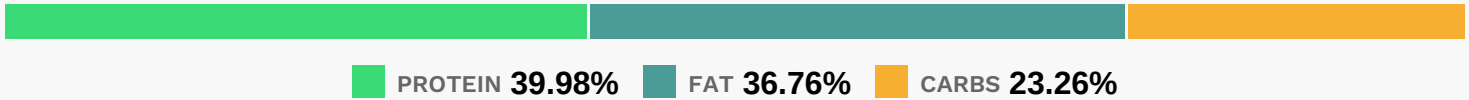
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ To make the vinaigrette, whisk together the oil, vinegar, garlic, dried and fresh oregano, thyme, and lemon juice; season with salt and pepper. Pat the lamb dry and place it into a shallow platter. Season it well with salt and pepper.
- ☐ Pour 1/2 the vinaigrette over the lamb and let it marinate for at least 15 minutes or up to 2 hours.
- ☐ Heat the grill or grill pan and oil it lightly.
- ☐ Remove the lamb from the marinade and grill for about 15 to 20 minutes per side for medium-rare. (Adjust the time accordingly for other degrees of doneness.) Cover and let rest for 10 minutes. Carve into thin slices.

- ☐ Toss the mache, mint leaves, and scallions in a bowl and season with salt and pepper. Dress the salad with about 3 tablespoons of the vinaigrette and mix well.
- ☐ Place the lamb onto a serving board. To serve, spread the Lemony Chickpea Puree over the lamb and put the greens on top of the puree.
- ☐ Drain and rinse chickpeas and put them into a saucepan. Cover with cold water by 2 inches; add the bay leaf and salt and bring to a boil. Reduce heat and simmer beans until tender, about 1 1/2 hours.
- ☐ Drain, reserving about 1 cup of the cooking liquid.
- ☐ Remove the bay leaf and discard.
- ☐ Put cooked chickpeas into a food processor or blender.
- ☐ Add the olive oil, lemon juice and zest, garlic, and salt and pepper to taste. Process until smooth; add some of the reserved cooking liquid to thin, if needed.
- ☐ Serve on top of the Grilled Marinated Lamb or put into a serving dish and garnish with a drizzle of olive oil and the parsley.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:23.23999989551%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 311.42kcal (15.57%), Fat: 12.66g (19.48%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.01g (3.35%), Cholesterol: 80.01mg (26.67%), Sodium: 86.11mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.97%), Vitamin B12: 3.38µg (56.26%), Selenium: 31.85µg (45.5%), Folate: 175.78µg (43.94%), Vitamin B3: 8.31mg (41.54%), Zinc: 5.77mg (38.46%), Manganese: 0.73mg (36.28%), Phosphorus: 342.18mg (34.22%), Vitamin K: 27.88µg (26.56%), Iron: 4.69mg (26.05%), Vitamin

B2: 0.39mg (22.69%), Fiber: 5.46g (21.86%), Vitamin B1: 0.31mg (20.42%), Vitamin B6: 0.4mg (19.98%), Copper: 0.4mg (19.93%), Potassium: 636.46mg (18.18%), Magnesium: 70.16mg (17.54%), Vitamin B5: 1.35mg (13.45%), Vitamin C: 8.96mg (10.87%), Vitamin E: 1.52mg (10.13%), Calcium: 69.73mg (6.97%), Vitamin A: 184.59IU (3.69%)