

 100%
HEALTH SCORE

Honey-Vinegar Leg of Lamb with Fennel and Carrots



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds carrots unpeeled halved lengthwise
- ☐ 0.5 cup fennel bulb plus more for serving
- ☐ 4 fennel bulb thick sliced
- ☐ 1 tablespoon fennel seeds crushed
- ☐ 1 cup parsley fresh
- ☐ 2 garlic clove chopped
- ☐ 0.3 cup honey

- ☐ 12 servings pepper freshly ground
- ☐ 7 pound leg of lamb bone-in
- ☐ 0.5 cup olive oil divided
- ☐ 0.5 cup red wine vinegar

Equipment

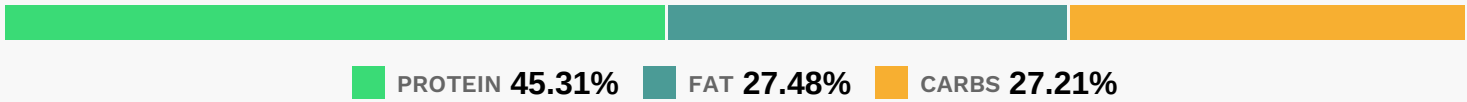
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Pulse garlic, parsley, fennel seeds, and 1/2 cup fennel fronds in a food processor until very finely chopped. With motor running, slowly add 1/4 cup oil and process until smooth; season generously with salt and pepper (mixture should taste quite salty as this is the only seasoning meat will get). Rub parsley mixture all over lamb.
- ☐ Transfer to a roasting pan, cover, and chill at least 8 hours.
- ☐ Let lamb sit at room temperature 1 hour. Bring vinegar and honey to a boil in a small saucepan. Reduce heat and simmer, stirring occasionally, until slightly thickened, 8–10 minutes. Set glaze aside.
- ☐ Place racks in lower third and middle of oven and preheat to 325°F. Toss fennel and carrots with remaining 1/4 cup oil in a medium bowl and arrange half around lamb in roasting pan; place remaining vegetables on a rimmed baking sheet.
- ☐ Roast vegetables on baking sheet on lower rack and lamb on middle rack until an instant-read thermometer inserted into the thickest part of lamb registers 100°F, about 1 hour.

- ☐ Increase oven to 450°F, brush roast with glaze, and continue to roast until an instant-read thermometer registers 120°F, 20–25 minutes longer.
- ☐ Transfer lamb to a cutting board and let rest 30 minutes before carving (temperature will rise to 140°F for medium-rare while lamb is resting).
- ☐ Continue to roast vegetables, tossing occasionally, until golden and tender, 20–25 minutes longer.
- ☐ Serve lamb with vegetables, topped with fennel fronds.
- ☐ DO AHEAD: Lamb can be rubbed with parsley mixture and vegetables can be prepped 1 day ahead. Cover separately and chill.
- ☐ Slice it right
- ☐ Carving a leg of lamb is easier than you think. Here's how to do it with flair.
- ☐ Position the roast so that the meatier side faces down. Using a long, thin-bladed knife and holding the end of the shank bone, remove a few strips of meat from the top side, working parallel to the bone.
- ☐ Rest the leg on the flat area you just created.
- ☐ Cut thin slices perpendicular and all the way down to the bone, starting at the end farther away from you.
- ☐ Starting at the top and working away from your body, slide the knife underneath the slices you just made.
- ☐ Remove in one long sawing motion.
- ☐ Rotate the bone and repeat with the less meaty side; trim any remaining meat from the sides of the bone.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:8.1, Inflammation Score:-10, Nutrition Score:33.023043632507%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 320.62kcal (16.03%), Fat: 9.78g (15.05%), Saturated Fat: 3.04g (19%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 16.73g (6.08%), Sugar: 14.57g (16.19%), Cholesterol: 106.68mg (35.56%), Sodium: 202.51mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Vitamin A: 13161.37IU (263.23%), Vitamin K: 144.5µg (137.61%), Vitamin B12: 4.5µg (75.01%), Vitamin B3: 11.76mg (58.81%), Selenium: 39.98µg (57.11%), Zinc: 6.85mg (45.66%), Phosphorus: 396.43mg (39.64%), Potassium: 1109.89mg (31.71%), Vitamin B2: 0.5mg (29.28%), Vitamin C: 21.26mg (25.77%), Iron: 4.37mg (24.29%), Vitamin B6: 0.44mg (22.08%), Folate: 82.56µg (20.64%), Fiber: 5.07g (20.26%), Vitamin B1: 0.3mg (19.93%), Manganese: 0.38mg (18.9%), Magnesium: 73.26mg (18.32%), Vitamin B5: 1.63mg (16.27%), Copper: 0.32mg (15.9%), Vitamin E: 1.64mg (10.91%), Calcium: 90.35mg (9.04%)