



Hot cumin lamb wrap with crunchy slaw & spicy mayo

 Dairy Free  Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



2168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small leg of lamb
- ☐ 2 tsp olive oil
- ☐ 1 tsp ground cumin
- ☐ 1 tbsp sugar
- ☐ 3 tbsp citrus champagne vinegar
- ☐ 2 carrots grated
- ☐ 2 spring onion finely sliced

- ☐ 400 g cabbage white very finely sliced
- ☐ 5 pasilla peppers sweet roughly sliced
- ☐ 3 tbsp mayonnaise
- ☐ 4 large wholewheat pita breads warmed

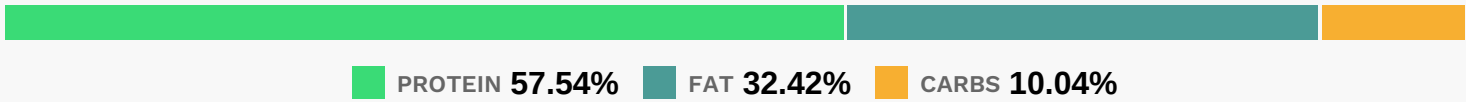
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a griddle pan. Rub the lamb steaks with the oil, cumin and some seasoning. Griddle for about 3–4 mins on each side or until cooked to your liking.
- ☐ Place to one side on a plate to rest.
- ☐ In a large bowl, stir the sugar into the vinegar until dissolved.
- ☐ Add the carrots, spring onions, cabbage and some seasoning, and toss together.
- ☐ Blitz the whole peppers and the mayo in a food processor.
- ☐ Add a heap of the salad to each flatbread. Slice the lamb, trimming off any excess fat and lay on top of the salad, drizzling with the resting juices. Spoon over the mayo and scatter with a few of the sliced peppers.
- ☐ Roll up and eat. If using pitta, split and stuff.
- ☐ Serve any extra salad on the side.

Nutrition Facts



Properties

Glycemic Index:88.73, Glycemic Load:36.22, Inflammation Score:-10, Nutrition Score:79.792173826824%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 7.14mg, Luteolin: 7.14mg, Luteolin: 7.14mg, Luteolin: 7.14mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 2168.1kcal (108.41%), Fat: 75.68g (116.43%), Saturated Fat: 24.75g (154.72%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 45.37g (16.5%), Sugar: 11.42g (12.69%), Cholesterol: 918.4mg (306.13%), Sodium: 1319.09mg (57.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 302.25g (604.49%), Vitamin B12: 38.57µg (642.9%), Selenium: 336.28µg (480.4%), Vitamin B3: 91.56mg (457.82%), Zinc: 55.86mg (372.4%), Phosphorus: 2888.85mg (288.89%), Vitamin B2: 3.74mg (219.83%), Vitamin C: 159.22mg (192.99%), Iron: 28.41mg (157.82%), Vitamin B1: 2.33mg (155.54%), Vitamin B6: 2.95mg (147.72%), Potassium: 4759.45mg (135.98%), Vitamin A: 5816.6IU (116.33%), Vitamin K: 121.71µg (115.91%), Vitamin B5: 10.99mg (109.86%), Magnesium: 435.33mg (108.83%), Folate: 410.97µg (102.74%), Copper: 2.04mg (102.19%), Manganese: 1.05mg (52.44%), Vitamin E: 4.76mg (31.71%), Fiber: 7.41g (29.65%), Calcium: 212.76mg (21.28%)