



## Lamb and Tapenade Sandwiches

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 fillet anchovy minced
- ☐ 2 handfuls arugula
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 tablespoon capers dried salted rinsed
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon basil fresh minced
- ☐ 3 garlic cloves minced
- ☐ 1 pound bread french italian such as pugliese country-style

- ☐ 6 servings kosher salt
- ☐ 1.5 pounds rare roasted leg of lamb thinly sliced
- ☐ 2 teaspoons lemon zest minced
- ☐ 0.8 cup mayonnaise
- ☐ 8 ounces olives mixed minced pitted
- ☐ 1 tablespoon parsley fresh italian minced

## Equipment

- ☐ bowl
- ☐ wax paper

## Directions

- ☐ In a small bowl, mix together the tapenade and mayonnaise. Set it aside.
- ☐ Cut the loaf of bread in 1/2 lengthwise and spread tapenade mayonnaise over the cut sides of both pieces. Arrange the sliced lamb on the bottom piece of the bread and season it with salt and pepper. Scatter the arugula over the lamb, and set the top half of the bread on top of the lamb and press down gently.
- ☐ Cut crosswise into individual servings and either serve immediately or refrigerate, tightly wrapped in wax paper, until ready to serve.
- ☐ To Drink: A Russian River Valley pinot noir, such as Moshin or Gary Farrell Allen Vineyard, is the best choice.
- ☐ In a small bowl, toss together the olives and garlic.
- ☐ Add the parsley, basil, anchovy, capers, and lemon zest, mix together, season generously with black pepper, thin with olive oil, and set aside for 30 minutes before serving. The tapenade will keep in the refrigerator for a day or two, after which time its flavors will deteriorate.
- ☐ You can make this tapenade using almost any olive, including the mixed olives sold at the olive bars common in upscale markets these days. If you select the olives yourself, try a mix of kalamatas, picholines, cracked green, and California black. Salted capers are available in good delis and markets.

## Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:16.36391329247%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 805.71kcal (40.29%), Fat: 61.41g (94.48%), Saturated Fat: 20.37g (127.34%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 37.9g (13.78%), Sugar: 23.92g (26.57%), Cholesterol: 57.88mg (19.29%), Sodium: 1326.23mg (57.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.91%), Vitamin K: 69.08µg (65.79%), Vitamin B3: 8.09mg (40.45%), Vitamin B12: 1.97µg (32.78%), Selenium: 18.28µg (26.11%), Vitamin E: 3.24mg (21.62%), Zinc: 3.03mg (20.2%), Iron: 3.39mg (18.85%), Folate: 74.81µg (18.7%), Phosphorus: 181.11mg (18.11%), Fiber: 4.2g (16.79%), Vitamin B2: 0.27mg (15.72%), Vitamin B1: 0.22mg (14.96%), Potassium: 432.85mg (12.37%), Magnesium: 41.62mg (10.41%), Vitamin B6: 0.16mg (8.13%), Copper: 0.16mg (8.05%), Vitamin A: 401.88IU (8.04%), Vitamin B5: 0.62mg (6.21%), Calcium: 44.09mg (4.41%), Manganese: 0.09mg (4.26%), Vitamin C: 3.33mg (4.04%)