



Lamb, black pudding & mustard hotpot



Gluten Free



Very Healthy

READY IN



180 min.

SERVINGS



4

CALORIES



979 kcal

Ingredients

- ☐ 2 tbsp unrefined sunflower oil (or dripping)
- ☐ 2 large onion thinly sliced
- ☐ 350 g pudding black sliced
- ☐ 8 to lamb shoulder blade chops fat trimmed (middle neck cutlets)
- ☐ 900 g potatoes peeled very thinly sliced
- ☐ 3 carrots thinly sliced
- ☐ 2 tbsp coarse mustard
- ☐ 20 g parsley finely chopped
- ☐ 6 sprigs thyme leaves

- ☐ 700 ml water hot
- ☐ 1 knob butter melted

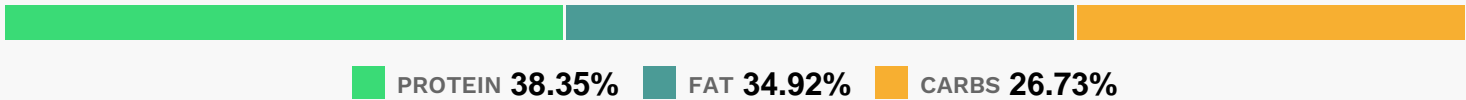
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/ gas
- ☐ Heat half the oil in a frying pan and cook the onions for 5 mins until they are soft and just starting to turn golden.
- ☐ Remove and set aside.
- ☐ Pour the remaining oil into the pan and fry the black pudding for about 1 min on each side.
- ☐ Remove, drain on kitchen paper and set aside.
- ☐ Cook the chops in the pan on a high heat so you get a good colour on the outside, but theyre not cooked, then drain off the fat. Set the chops aside.
- ☐ Layer the ingredients in a deep ovenproof casserole, which holds everything snugly, starting with some potatoes and carrots and dotting half the mustard over each layer of black pudding. Season as you build up the layers and sprinkle the herbs throughout. You should have two layers of chops and finish with overlapping potato slices.
- ☐ Pour the hot stock over everything, then brush the top with the melted butter. Cover and bake for 2 hrs, until everything is meltingly tender, removing the lid for the last half hour to crisp up the potatoes.

Nutrition Facts



Properties

Glycemic Index:79.15, Glycemic Load:31.92, Inflammation Score:-10, Nutrition Score:57.550434651582%

Flavonoids

Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg

Nutrients (% of daily need)

Calories: 978.81kcal (48.94%), Fat: 37.49g (57.68%), Saturated Fat: 13.78g (86.16%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 55.13g (20.05%), Sugar: 17.49g (19.44%), Cholesterol: 268.5mg (89.5%), Sodium: 380.1mg (16.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.62g (185.25%), Vitamin A: 8277.98IU (165.56%), Vitamin B12: 9.79µg (163.22%), Zinc: 16.81mg (112.04%), Vitamin B6: 2.22mg (111.19%), Vitamin B3: 20.37mg (101.85%), Vitamin B2: 1.59mg (93.66%), Phosphorus: 897.02mg (89.7%), Vitamin K: 93.47µg (89.02%), Vitamin C: 61.66mg (74.73%), Potassium: 2323.7mg (66.39%), Iron: 10.25mg (56.92%), Selenium: 36.38µg (51.98%), Vitamin B1: 0.67mg (44.84%), Copper: 0.87mg (43.28%), Vitamin B5: 3.93mg (39.33%), Magnesium: 153.77mg (38.44%), Fiber: 9.43g (37.71%), Manganese: 0.62mg (30.84%), Calcium: 227.9mg (22.79%), Vitamin E: 3.4mg (22.67%), Folate: 67.9µg (16.98%), Vitamin D: 0.66µg (4.38%)