



Lamb Chops and Spinach and Turnip Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 bunches flat parsley trimmed
- ☐ 1 garlic clove peeled
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 servings kosher salt
- ☐ 1 cup plum brandy dry
- ☐ 3 teaspoons olive oil divided
- ☐ 2.5 pounds wire rack rack of (1 or 2 racks)

- ☐ 5 sprigs thyme leaves divided
- ☐ 1.5 pounds turnip peeled cut into 1" pieces

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ immersion blender

Directions

- ☐ Preheat oven to 400°F. Cook turnips in a large saucepan of boiling, salted water until tender, 10–15 minutes.
- ☐ Drain. Return to pan; add cream. Bring to a boil. Reduce heat and simmer until cream coats turnips, about 4 minutes. Purée turnip mixture in a food processor or with an immersion blender until smooth. Cover and keep warm.
- ☐ Meanwhile, heat 1 teaspoon oil in a large ovenproof skillet over medium–high heat. Season lamb with salt and pepper. Cook fat side down until brown, 5–8 minutes.
- ☐ Turn lamb over. Tuck 4 thyme sprigs under; place in oven. Roast until an instant-read thermometer inserted into center registers 125°F for medium–rare, 15–25 minutes.
- ☐ Let rest on a plate for 10 minutes.
- ☐ Drain fat from skillet; add
- ☐ Marsala. Bring to a boil. Reduce heat; simmer, stirring and scraping up browned bits from bottom of skillet, until reduced by half, 5–8 minutes.
- ☐ Meanwhile, heat remaining 2 teaspoon oil in a large skillet over medium heat.
- ☐ Add garlic and remaining thyme sprig; stir until beginning to brown, about 1 minute; discard garlic and thyme sprig.
- ☐ Add spinach by the handful, tossing and allowing it to wilt slightly between additions. Season with salt and pepper. Cook until tender, about 4 minutes.
- ☐ Cut lamb between bones into chops and serve with spinach, turnip purée, and Marsala sauce.

Nutrition Facts



 **PROTEIN 13.52%**  **FAT 77.44%**  **CARBS 9.04%**

Properties

Glycemic Index:53, Glycemic Load:6.17, Inflammation Score:-10, Nutrition Score:35.183912940647%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 61.44mg, Apigenin: 61.44mg, Apigenin: 61.44mg, Apigenin: 61.44mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 1054.05kcal (52.7%), Fat: 85.33g (131.28%), Saturated Fat: 38.69g (241.84%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 18.21g (6.62%), Sugar: 12.25g (13.61%), Cholesterol: 190.9mg (63.63%), Sodium: 453.36mg (19.71%), Alcohol: 9.18g (100%), Alcohol %: 2.32% (100%), Protein: 33.52g (67.04%), Vitamin K: 470.5µg (448.1%), Vitamin C: 76.04mg (92.17%), Vitamin B12: 4.37µg (72.88%), Vitamin B3: 13.83mg (69.17%), Vitamin A: 2898.17IU (57.96%), Selenium: 37.29µg (53.27%), Zinc: 6.52mg (43.46%), Phosphorus: 371.27mg (37.13%), Vitamin B2: 0.55mg (32.11%), Iron: 5.59mg (31.04%), Potassium: 971.46mg (27.76%), Folate: 99.6µg (24.9%), Vitamin B6: 0.43mg (21.54%), Manganese: 0.43mg (21.28%), Vitamin B1: 0.32mg (21.23%), Copper: 0.41mg (20.61%), Magnesium: 80.06mg (20.01%), Vitamin B5: 1.84mg (18.43%), Fiber: 4.22g (16.87%), Calcium: 152.85mg (15.28%), Vitamin E: 1.34mg (8.96%), Vitamin D: 0.48µg (3.17%)