



Lamb cutlets al fresco

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices sandwich bread white
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 3 wire rack racks of french trimmed
- ☐ 1 garlic clove chopped
- ☐ 5 sprigs flat parsley
- ☐ 5 sprigs mint leaves
- ☐ 2 tbsp dijon mustard
- ☐ 6 servings mint jelly

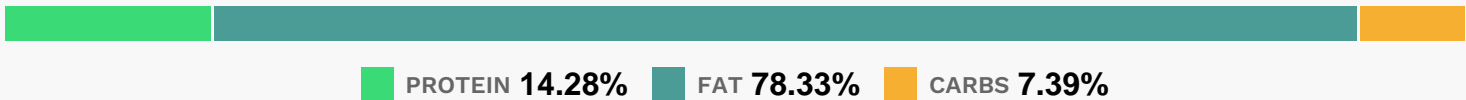
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 200C/ conventional 220C/gas
- ☐ Lay the slices of bread on a baking sheet and bake for 8–10 minutes until toasted. Meanwhile, rub olive oil all over the racks of lamb, season generously with salt and pepper, then stand them in a roasting tin.
- ☐ Take the bread out of the oven and put the lamb in. Roast the lamb for 10 minutes, then set aside for about 5 minutes to cool. While youre waiting, break the toasted bread into a food processor, add the garlic, parsley and mint and season with salt and pepper. Chop until you have coarse crumbs, then tip into a wide, shallow dish.
- ☐ When the lamb is cool enough to handle, spread mustard on the meaty sides, bottoms and ends. Hold a rack by the bones and sit it in the herby crumbs, then scoop up handfuls of crumbs and press them over the mustard. Repeat with the other 2 racks (you may have some crumbs left over, but you need this many to be able to scoop them up).
- ☐ Roast the 3 racks of lamb, meaty side uppermost, for 20 minutes. If the crumbs begin to scorch, cover loosely with foil.
- ☐ Remove from the oven and leave to cool.
- ☐ For a picnic, roast the lamb up to 6 hours ahead. When cold, separate into cutlets (this is simplicity itself, as the bones provide guidelines) and carefully wrap them in foil. Dont forget to take jars of mustard and mint jelly to serve with the lamb.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:21.977391020111%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1054.11kcal (52.71%), Fat: 90.51g (139.24%), Saturated Fat: 38.36g (239.72%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.69g (6.79%), Sugar: 8.72g (9.69%), Cholesterol: 188.63mg (62.88%), Sodium: 245.15mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.25%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 15.57mg (77.84%), Selenium: 45.4µg (64.86%), Zinc: 6.86mg (45.7%), Phosphorus: 356.71mg (35.67%), Vitamin B2: 0.5mg (29.32%), Iron: 3.94mg (21.88%), Vitamin B1: 0.3mg (20.15%), Vitamin B5: 1.61mg (16.08%), Vitamin K: 16.58µg (15.79%), Vitamin B6: 0.29mg (14.61%), Potassium: 500.24mg (14.29%), Magnesium: 50.53mg (12.63%), Copper: 0.24mg (12.02%), Folate: 46.58µg (11.64%), Vitamin E: 1.16mg (7.74%), Manganese: 0.13mg (6.47%), Calcium: 62.09mg (6.21%), Vitamin A: 109.28IU (2.19%), Fiber: 0.51g (2.05%), Vitamin C: 1.55mg (1.88%)